# HELOUAN:

## AN EGYPTIAN HEALTH RESORT AND HOW TO REACH IT

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H. OVERTON HOBSON

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# HELOUAN

## AN EGYPTIAN HEALTH RESORT

### AND HOW TO REACH IT

THE NILE NEAR OLD HELOUAN.

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## AN EGYPTIAN HEALTH RESORT

AND

## HOW TO REACH IT

56653

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*WITH THIRTY-FIVE ILLUSTRATIONS*
*AND TWO MAPS*

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*MAP OF ROUTE: ENGLAND TO EGYPT.*

# PREFACE

In consequence of receiving each year many requests for information concerning Helouan as to its climate, baths, hotel accommodation, etc., and how to get there, it has occurred to me that a small volume combining such particulars with a little more general information may prove useful to those who are thinking of spending a winter there. An additional reason for supplying a recent account may be claimed from the fact that Helouan is changing rapidly, many improvements having been effected in the past few years. In the fulfilment of this idea I desire to acknowledge my great indebtedness to Dr. Page May for so kindly permitting me to make use of his notes and records of temperatures collected by him in former years when in residence in Helouan, also for his permission to reproduce the list of Desert Flora compiled for him by Professor Schweinfurth.

I also desire to express my most grateful thanks to Mr. S. Manuel, who has so kindly presented me with the photographs herein reproduced, and which so accurately illustrate the nature of the country in which this little desert town exists, coupled with many of its chief points of interest.

H. O. H.

Villa Sakkara, Helouan.

# CONTENTS


PAGE

PREFACE . . . . . v

LIST OF ILLUSTRATIONS . . . . . viii

CHAPTER

I. HOW TO GET TO HELOUAN . . . . . 1

II. DESCRIPTION OF HELOUAN . . . . . 13

III. AMUSEMENTS AT HELOUAN . . . . . 18

IV. DESCRIPTION OF PLACES OF SPECIAL INTEREST WITHIN THE VICINITY OF HELOUAN . . . . . 26

V. HELOUAN AS A WINTER HEALTH RESORT . . . 35

VI. THE BATHS AND MINERAL WATERS OF HELOUAN . . 54

VII. THE ENGLISH CHURCH, HELOUAN . . . . 62

VIII. THE FLORA OF THE DESERT SURROUNDING HELOUAN 65

IX. GENERAL INFORMATION . . . . . 76

INDEX . . . . . 88

# ILLUSTRATIONS


| | | | |
|---|---|---|---|
| 1. | THE NILE NEAR OLD HELOUAN | *Frontispiece* | |
| 2. | HELOUAN: A VIEW OF THE TOWN | *To face p.* | 1 |
| 3. | A DESERT VALLEY | „ | 9 |
| 4. | THE MOKATTAM HILLS | | |
| 5. | DONKEYS FOR HIRE | „ | 13 |
| 6. | STARTING FOR A RIDE | | |
| 7. | H.H. THE KHEDIVE LEAVING THE BATHS ESTABLISHMENT AFTER PERFORMING THE OPENING CEREMONY, DEC. 1899 | „ | 14 |
| 8. | NATIVE QUARTER OF THE TOWN | „ | 16 |
| 9. | NATIVE QUARTER OF THE TOWN | | |
| 10. | THE GOLF CLUB HOUSE | „ | 18 |
| 11. | HELOUAN GOLF COURSE: A GOOD DRIVE | „ | 20 |
| 12. | „ „ „ A FOURSOME | | |
| 13. | HELOUAN RACES: THE START OF THE HELOUAN DERBY | „ | 23 |
| 14. | HELOUAN RACES: THE WINNING POST | „ | 24 |
| 15. | A NATIVE CARAVAN: JOURNEYING ACROSS THE DESERT | „ | 26 |
| 16. | „ „ HALTING FOR THE NIGHT | | |
| 17. | OLD HELOUAN | „ | 29 |
| 18. | THE ARABIAN HILLS BORDERING HELOUAN, WITH THE WÂDY HOF IN THE FOREGROUND | „ | 30 |
| 19. | NATIVE WATER CARRIERS | „ | 32 |
| 20. | THE BATHS ESTABLISHMENT | „ | 35 |
| 21. | THE ENTRANCE HALL OF THE BATHS ESTABLISHMENT | „ | 40 |
| 22. | A CORRIDOR IN THE BATHS ESTABLISHMENT | „ | 46 |
| 23. | A WAITING-ROOM IN THE BATHS ESTABLISHMENT | „ | 48 |
| 24. | AN ELECTRIC-LIGHT BATH | „ | 50 |
| 25. | AN IMMERSION BATH | „ | 52 |
| 26. | A BERTHE VAPOUR BATH | „ | 54 |
| 27. | HELOUAN SPECIAL BATH | „ | 53 |
| 28. | A DRESSING-ROOM IN THE BATHS ESTABLISHMENT | „ | 58 |
| 29. | A VICHY BATH—*left page* | *Between pp.* 60 *and* 61 | |
| 30. | DOUCHE ROOM—*right page* | | |
| 31. | THE ENGLISH CHURCH | *To face p.* | 62 |
| 32. | THE NATIVE BAZAARS | „ | 76 |
| 33. | MILITARY SPORTS AT HELOUAN: OBSTACLE RACE | „ | 80 |
| 34. | A SHEIKH | „ | 84 |
| 35. | NATIVE BOATS ON THE NILE, NEAR OLD HELOUAN | „ | 86 |


## MAPS


| | | | |
|---|---|---|---|
| 36. | MAP OF ROUTE: ENGLAND TO EGYPT | „ | v |
| 37. | MAP OF ROUTE: ALEXANDRIA AND PORT SAID TO HELOUAN | „ | 3 |

HELOUAN.
(A View of the Town.)

# HELOUAN

## AN EGYPTIAN HEALTH RESORT AND HOW TO REACH IT

### CHAPTER I

#### HOW TO GET TO HELOUAN

IMBUED with the progressive spirit of the age in which we live, the idea or suggestion of a winter to be passed in Egypt no longer presents a picture of innumerable difficulties to the ordinary person of to-day. No longer need it be regarded as the privilege of the few and wealthy.

The fact is proved by the increasing numbers who arrive each winter, seeking health and pleasure.

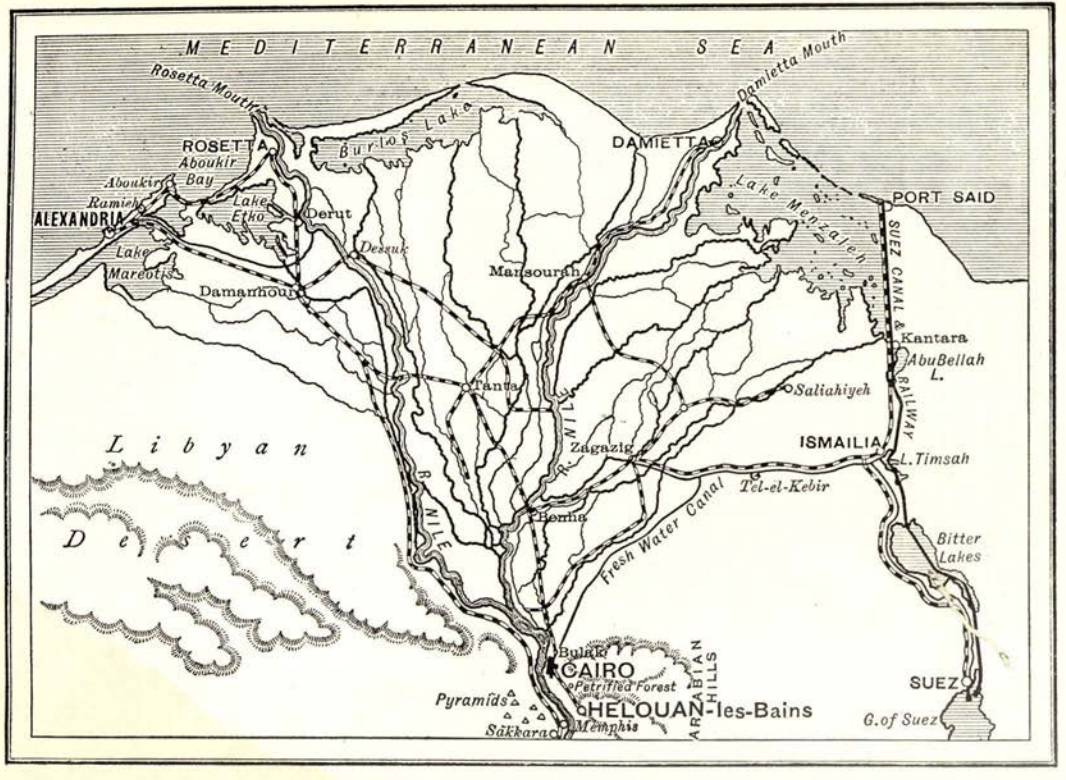
Naturally, in Egypt as in other countries, one's expenses can be allowed to total a very high figure, but at the same time, for those whose purse is limited, most comfortable quarters at a reasonable price can be obtained in the numerous smaller

hotels and pensions, of which in no town in Egypt is there better provision than at Helouan.

Moreover, the cost and discomfort of travelling to and fro have enormously diminished in recent years.

Assuming that it has been decided to go, the intending traveller naturally desires to ascertain the most suitable and convenient route; and to enable this important question to be solved I have endeavoured to draw up in simple form a table of routes with the cost and time which the different ways entail, and which will be found on page 81.

For convenience in more ways than one, I would strongly urge that the tickets be obtained through such agents as Messrs. Cook & Son. Any attempt to describe the life on board ship would be out of place, but the following pages, sketching the arrival in Egypt at her two ports, namely Port Said and Alexandria, may be of interest to those who have never been there before.




MAP OF ROUTE: ALEXANDRIA AND PORT SAID TO HELOUAN.

## ARRIVAL AT PORT SAID

The extreme flatness of the coast as the steamer approaches Port Said is particularly striking, and only when within a comparatively short distance of the port is it possible to satisfy yourself that at last you view the land of the Pharaohs—a land which certainly surpasses all others for the extraordinarily interesting records it is able to show of bygone ages. You no longer talk of hundreds of years; it becomes a question of thousands.

As the great liner slowly approaches the harbour, the first thing that is noticed is the long western pier which supports one of the largest lighthouses in the world, and also a colossal statue of Ferdinand de Lesseps, the great architect of the Suez Canal.

As it is impossible for ships of any size to anchor alongside a landing stage, all baggage has to be transferred ashore by means of barges, and thus, if the visitor has carried out the advice earlier suggested of booking tickets through one of the well-known agencies, the representatives of whom meet every ship, it is only necessary to point out to them each piece of baggage and it is rare indeed not to find it all safely conveyed to the custom-house. No sooner are strangers allowed on board than the whole ship becomes a pandemonium; any attempt at order seems out of the question. The natives, in

their picturesque costumes, swarm on board, each one trying to shout louder than his fellow, each endeavouring to persuade the traveller to permit him to act as his guide and porter. As the transference of the baggage to the custom-house occupies some time, often an hour or more, the passenger may be well advised to escape the noise and confusion by at once going ashore and waiting comfortably and quietly in one of the hotels, or explore the town if he feels so disposed.

The town of Port Said has for a long time been invariably described in anything but complimentary terms, but in recent years so many improvements have been effected that its former reputation is no longer applicable; the streets are well kept, and there is a most efficient police.

There are several comfortable hotels, the principal ones being the Savoy, which is close to the custom-house, both of which face the harbour; the Eastern Exchange, situated in the centre of the town, and not far from which the Hôtel Continental is also to be found. As porters from all meet each boat, there is no difficulty in being conducted to the one selected.

In exploring the town it is advisable to keep to the main streets, unless accompanied by a reliable guide, and an hour is soon spent in examining the various shops, outside which the owners stand and earnestly beseech you to enter. Having done so it

is quite unnecessary to purchase anything, but the fact that the proprietor is invariably willing to reduce the prices first mentioned and that most people are unable to resist what in consequence may be supposed to be a bargain, and which is often accompanied with the offer of some small article in addition, as backsheesh, the visit generally results in the visitor marching away with a parcel or two.

In wandering through the town the traveller will probably be confronted with innumerable requests by Arab children and even adults for backsheesh, which no doubt the reader is already aware means a 'tip,' and it is as well to resist giving even the smallest of coins, else he will soon find himself followed by many other persons, all making the same request, and from whom it is sometimes difficult to escape. This habit of demanding backsheesh has of recent years become such a nuisance that the Government has issued earnest appeals to the visitors to discourage it by every possible means.

Returning to the custom-house it will be found that the examination of baggage is not of a very stringent nature, the officials as a rule being content to accept the traveller's word if he can state nothing dutiable to declare. As at present there are only two good trains in the day from Port Said to Cairo (see time-table, page 82), the intending visitor to Helouan is advised, in the event of being unable to catch the morning train, to sleep at Port Said and

travel up the following day. Leaving by the afternoon train means a very late arrival at Helouan (1 A.M.), and even by adopting the plan of sleeping in Cairo it is sufficiently late to make such a course undesirable in the case of an invalid, for it will certainly be midnight before the hotel is reached. By taking the morning train the following day the journey to Helouan can be accomplished in comfortable time for tea.

It is well to note that luncheon and dining cars are attached to both the morning and afternoon trains respectively. During the last two years a fine and commodious station has been built at Port Said, and, in addition, that portion of the railway lying between Port Said and Ismailia, which was formerly of a narrower gauge than the remainder of the route, has now been altered, thus saving the passenger the annoyance and trouble of transferring himself and his belongings from one train to another.

Visitors proceeding direct to Helouan are advised to previously inform (by telegram from Port Said or otherwise) the manager of their hotel in Helouan the time of their arrival in Cairo, so that they may be met there by an accredited dragoman. In this way, unless they speak Arabic, they will be saved considerable trouble and expense in the transference of themselves and their luggage to the Helouan station, though this is merely a short

fifteen minutes' drive. On the other hand, anyone desiring a through railway carriage from Port Said to Helouan can obtain the same at an additional cost of about five pounds.

Supposing it be decided to spend one or more nights in Cairo, the following is a list of the principal hotels:

The Savoy Hotel [1]
The Grand Continental Hotel [1]
Shepherd's Hotel
Gezireh Palace Hotel
Hôtel d'Angleterre [1]
Hôtel du Nil
The National Hotel
The Bristol Hotel

## ARRIVAL AT ALEXANDRIA

Passengers landing here will find the coast somewhat flat and uninteresting, like that on which Port Said is situated. Alexandria, which for many years has been the great commercial port of Egypt, has a fine harbour, the entrance to which, however, although broad in circumference, only possesses a narrow channel, through which vessels of any size

[1] Belong to the Geo. Nungovich Hotel Co.

can safely pass. At the extreme northern corner stands a fine lighthouse, which suffered considerable damage from shells during the bombardment of Alexandria, but which has since been repaired. Close to this is a group of buildings now employed as a hospital for British troops stationed at Alexandria; a little further on is noticed the fine palace of the Khedive, called 'Ras-el-Tin,' and which reaches the water's edge. On disembarking, the same scene of noise and bustle takes place as already described at Port Said. Passengers landing here, however, are generally able to proceed straight to Cairo, the journey only occupying three and a half hours; but in the event of its being decided to spend the night at Alexandria, the Khedivial Hotel can be thoroughly recommended. There is also the Hôtel Abbat, which, although not so modern, is however very comfortable.

The train service to Cairo is good, and to the mid-day and evening trains luncheon and dining cars are attached. The distance is only 129 miles (see time-table, p. 83). As mentioned above, a through railway carriage from Alexandria to Helouan can be obtained at an additional cost of about five pounds.

A DESERT VALLEY.

THE MOKATTAM HILLS.

### CAIRO TO HELOUAN

On arrival in Cairo, the same station being the terminus of the two routes from Port Said and Alexandria, the visitor takes an Arabeeah, which is the native term for carriage, and which consists of a most comfortable, lightly-built victoria, drawn by two horses, and drives to the Bab-el-Louk station, which is the Cairo terminus of the Helouan railway, the journey from here occupying half an hour, the distance being sixteen miles. (For time-table, see p. 82.)

The train service, which in recent years left much to be desired, is now very much improved. The line has been doubled nearly the whole distance, re-laid, new carriages, &c., obtained of the most up-to-date character, and the journey can now be accomplished as comfortably as can be wished. There is an hourly service of trains, making only one stop on the way, and taking usually thirty-five minutes.

Leaving Cairo, the train passes through portions of the old town, which, close to the line, still contains some excellent specimens of Roman architecture, including, just beyond the station of St. George, two stations from Cairo, the well-preserved remains of an immense aqueduct, standing over one hundred feet high. A little further on to the left are to be seen

numerous small towers on the hills, which were built by a contractor for windmills to grind the corn necessary for the supply of bread to feed the huge army maintained by Arabi Pasha. On the right, a splendid view of the Nile is obtained, which in places flows within a few hundred yards of the railway; on the further side of the river the Pyramids of Gizeh are visible, and to their left also the Pyramids of Dashur and Sakkara. Travelling out at sunset, especially in the months of November and December, the glorious shades of colour produced by the setting sun, falling on and embracing these marvellous structures, with the river in the foreground, give the traveller a picture which no imagination can conjure. Rather more than halfway the important station of Tourra is reached, where a short halt is made by all trains; and here is situated one of the largest convict prisons in the country, the wretched occupants of which are often to be seen heavily chained and guarded by stalwart Egyptian and Soudanese soldiers.

In comparison with this unpleasant part of civilisation we note as we leave the station some long, low, red buildings, surrounded by pretty gardens. Here are old, infirm, and deserving couples housed by the State, after the style of our English workhouses, but with this important difference—that the old people are not separated in the last few years of their lives, each couple being given sets of

rooms, and are most carefully tended—surely a striking example of the beneficent manner in which this beautiful country is managed.

After leaving Tourra and a considerable amount of cultivated land on the right, the traveller at last finds himself in the desert.

As the train gains impetus, and one gazes first to right and then to left, the earliest impressions are almost bound to be those of intense desolation. No life may be visible, apparently not a particle of green. Unconsciously one exclaims, 'What a wilderness!' This sensation will speedily be followed by one of curiosity. Rounding a corner, or emerging from a cutting, long strings of camels may be seen passing to and fro the quarries of Ma'sara, some heavily laden with stone, but all proceeding with that leisurely gait and swaying motion so characteristic of these ships of the desert. Examining the country more closely, the visitor realises that the usual conception of the desert as a flat, sandy waste is altogether an erroneous one. On the left there soon comes into view a splendid range of hills called the Mokattam Hills, the most northern point of which is crowned by the remains of a fort, a monument of Napoleon's strategy when waging war here in bygone years. Between these hills and the railway it will be noticed that not only is the intervening land of an undulating nature, but it is studded here and there with innumerable green desert plants,

which in the spring bloom most beautifully and are exquisitely scented. The eyes becoming accustomed to the tints of the sand, one obtains glimpses of desert birds of the daintiest proportions, which, alarmed by the noise of the advancing train, rise and skim over the surface. A remarkable point is that, probably for protection sake, all desert animals—as birds and foxes, &c.—which have their home there in colour closely resemble that of the sand. Speeding on, fleeting views of the Nile are obtained, dotted here and there with curiously-shaped boats, many pyramids in the distance, and occasional groups of Arabs. Presently the station of Ma'sara is passed, from which excursions to the famous quarries are usually made.

Pursuing our course a little further, the train glides through a series of cuttings, between which, on the left, we catch momentary glimpses of the Observatory at Helouan, and from which a few minutes later we emerge to find ourselves at our destination.

DONKEYS FOR HIRE.

STARTING FOR A RIDE.

## CHAPTER II

### DESCRIPTION OF HELOUAN

HELOUAN, more correctly written Helwân, is situated sixteen miles south of Cairo, three miles from the Nile, and 150 feet above water-level. Helouan as a health resort is unique in Egypt, in that it is entirely surrounded by the desert, and is bounded on the north-east by a fine range of hills called the Mokattam Hills; it is also the only health resort in Egypt situated above the level of the Nile.

The greater portion of the town is of modern construction, and, with the exception of the hotels, chiefly consists of one-storied buildings, the roofs of which, the hotels included, are flat, and therefore, especially in the case of hotels, provide delightful promenades, a favourite custom being to watch a sunset from this elevated position.

Limestone from the neighbouring quarries is the material invariably employed for building purposes, the outside walls, which are as a rule very thickly constructed, being plastered externally and then painted with a coloured wash according to the fancy of the proprietor, and it is extraordinary how the

various colours never seem to clash, but one with the other produce a most picturesque effect. Helouan commenced to thrive in the last few years of the reign of the Khedive Tewfik, who built himself a palace here, which he occupied as a country residence, his example being followed by many Pashas and other notables. Within recent years this palace has been altered and converted into an hotel.

After the death of the Khedive Tewfik, Helouan for many years made little progress in development, despite the fact that the town possessed in its neighbourhood mineral waters of wonderful strength. In 1896 Dr. Page May was appointed by the Egyptian Government medical director of the baths, and he, recognising the medical value of the numerous springs, drew up detailed plans for a new bathing establishment, which were accepted by the Public Works Department of the Egyptian Government. An architect, Monsieur Battigelli, was appointed, under whose direction the present palatial building was erected. At the same time a powerful and wealthy company commenced to improve the hotel accommodation, which up to then had been far from good. The new bathing establishment was finished and formally opened by the present Khedive, His Highness Abbas Hilmi II., in the year 1899. There are now several large hotels and many pensions, in all of which the managers do their utmost to meet the wants of their visitors, paying special attention to

THE KHEDIVE, HIS HIGHNESS ABBAS HILMI II., LEAVING THE BATHS ESTABLISHMENT AFTER PERFORMING THE OPENING CEREMONY, DEC. 1899.

the requirements of invalids. The streets are all of magnificent breadth, an important factor in hygienic requirements.

Naturally, being in a Mahommedan country, several mosques are to be found dotted here and there, from the minarets of which the priests at sunset are to be heard summoning the faithful to prayer. The wants of Europeans are, however, not forgotten in this respect. There is a beautiful little English church (see separate description), a Roman Catholic and a Greek church. The Germans rent a large hall in which services are held.

The population of the town is estimated at 8,000, which does not include the large number of visitors who spend the winter here. The residents chiefly consist of Turkish Pashas and their families, Egyptians, Greeks, and Italians. The winter visitors are also a mixture of many nationalities—English, Germans, and Russians predominating and in about equal numbers, with a sprinkling of Americans, Austrians, and Belgians, but, curiously, very few French.

The town is lighted with electric light, which method of illumination is also employed in the larger hotels and pensions.

There are several good provision shops, but visitors requiring articles of dress must obtain them in Cairo.

The town is well supplied with chemists. The

native bazaars (shops) are situated to the east of the town, but only provide for native requirements; they are nevertheless interesting to explore. Visitors desiring to purchase curios, &c. must visit the celebrated Mouski in Cairo.

## HOTEL AND PENSION ACCOMMODATION IN HELOUAN

Grand Hotel, from 12*s.* a day
Hôtel des Bains, from 8*s.* a day
} Belonging to the George Nungovich Hotel Co.[1]

Tewfik Palace Hotel, from 12*s.* a day.

Al Hayat, from 12*s.* a day (chiefly patronised by Germans).

English Winter Hotel and Pension, from 12*s.* a day (proprietress, Miss Dodds).

Hôtel Heltzel, from 8*s.* a day (chiefly patronised by Germans).

Hôtel Pension Antonio, from 8*s.* a day.

Hôtel Pension Wanda, from 8*s.* a day (chiefly patronised by Russians).

Pension Sphinx, from 6*s.* a day (chiefly patronised by Russians).

Pension Loir, from 6*s.* a day.

Pension Savoy, from 6*s.* a day.

In all these hotels and pensions every endeavour is made to meet the requirements of their visitors, special attention being paid to those of invalids.

[1] The George Nungovich Hotel Company are also the proprietors of the following hotels in Cairo: the Savoy, the Grand Continental, and Angleterre.

NATIVE QUARTER OF THE TOWN.

NATIVE QUARTER OF THE TOWN.

There are in addition numerous private villas, furnished or unfurnished.

It need scarcely be remarked that the above prices vary with the size and position of rooms reserved, and that arrangements can usually be made for parties or prolonged visits.

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## CHAPTER III

### AMUSEMENTS AT HELOUAN

A STATEMENT frequently heard in former years was, 'Oh, yes, Helouan, a splendid place for invalids, but terribly dull.' It being generally admitted that Helouan has few rivals, and no superiors, as a health resort, whatever may have been true of the latter part of the statement in days gone by certainly does not hold good in the present.

**Golf.**—As the royal and ancient game takes the lead amongst the outdoor pastimes at Helouan, it certainly merits first reference.

The links were originally laid out by Dr. Page May, and have been maintained since then by the George Nungovich Hotel Company, which also each winter provides a professional from home.

The links, which have many times been described by experts in the game as far and away the best in Egypt, measure over 4,000 yards in length, and one of the charms of the course, which is a most sporting one, lies in the fact that no two holes are alike. Those golfers who have never visited a country of

THE GOLF CLUB HOUSE.

which so large a part consists of desert land, would probably find it somewhat difficult to appreciate the possibilities of their favourite game under such conditions. They would imagine the course to consist of a more or less flat piece of country, in which each stroke must have the terrors and mortifications of a home bunker. It may be realised how far from this is the case when, on paying a visit, the links are found to be situated in undulating country, the greens possessing a surface which many a crack seaside course at home would envy. Provided the player keep reasonably straight, the lies through the green can seldom be found fault with, the reason that they are so constantly good being due to the fact that the sand contains a very large quantity of salt, and by judicious rolling a firm surface is obtained, the salt helping the sand to bind. Naturally the game is a little more difficult than on grass, as the ball must be hit cleaner; the club will not travel through the sand so easily as through grass, but so far from this being a real disadvantage, it is in fact just the contrary, as the player's game is immensely improved by the greater accuracy acquired. The club possesses a simple but delightfully situated little pavilion, where all golfing requisites can be bought from the professional, and in addition light refreshments are also obtainable. On three sides of the pavilion there is a verandah, which is provided with basket chairs, and it becomes quite the fashionable

rendezvous in the afternoon for both players and non-players.

In addition to the 18-hole course there is a 9-hole course for ladies.

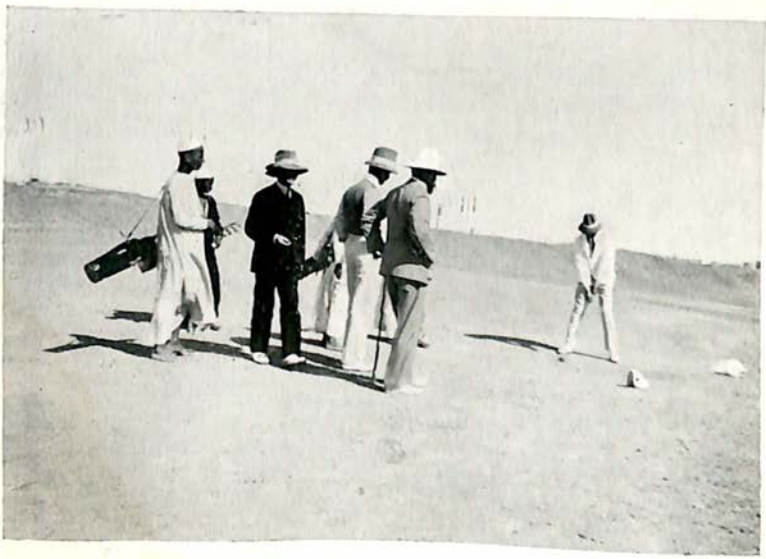
During the season competitions are held weekly, on Fridays.

### 18-HOLE COURSE

| Holes | Name | Distance: Yards | Bogey |
|---|---|---|---|
| 1 | The First | 362 | 6 |
| 2 | Club House | 389 | 5 |
| 3 | The Siding | 225 | 4 |
| 4 | Racecourse | 173 | 4 |
| 5 | Rink | 263 | 4 |
| 6 | Gizeh | 145 | 4 |
| 7 | The Well | 83 | 3 |
| 8 | Mecca | 416 | 6 |
| 9 | Windy Point | 252 | 4 |
| 10 | Paradise | 151 | 4 |
| 11 | Kyber | 243 | 5 |
| 12 | Roches | 265 | 5 |
| 13 | Hades | 343 | 6 |
| 14 | Furthest North | 173 | 4 |
| 15 | Pitch and Toss | 92 | 3 |
| 16 | Quarry Side | 227 | 4 |
| 17 | Broadway | 307 | 5 |
| 18 | Pulpit | 230 | 4 |
| | Total | 4,289 | 80 |

HELOUAN GOLF COURSE.

A GOOD DRIVE.



A FOURSOME.

## 9-HOLE COURSE

| Holes | Name | Distance: Yards | Bogey |
|---|---|---|---|
| 1 | The First . . | 297 | 7 |
| 2 | Club House . . | 259 | 6 |
| 3 | The Siding . . | 225 | 5 |
| 4 | Furthest West . | 134 | 4 |
| 5 | The Bunker . . | 142 | 4 |
| 6 | The Junction . . | 162 | 4 |
| 7 | Hades . . . | 321 | 7 |
| 8 | Broadway . . | 307 | 6 |
| 9 | Pulpit . . . | 70 | 3 |
| | Total . . | 1,847 | 46 |

## HELOUAN GOLF CLUB. LOCAL RULES

1. Any obstacle within a club length of the ball may be lifted and removed.

2. The club may be grounded anywhere, including the railway cutting, except in an artificial bunker; but if in grounding the club the lie of the ball be appreciably improved, a penalty of one stroke is exacted.

3. A ball may be played from any position, but the player has the option in any position in the course and railway cutting (except artificial bunkers) of dropping another ball with a penalty of one stroke, or teeing with a penalty of two strokes; the ball must be teed or dropped in a line with the position of the ball before dropping and the hole, and not nearer the hole than it was before, but as far behind as the player likes.

4. At any hole except the 18th, a player whose ball strikes the telegraph wire has the option of playing the

stroke again without penalty, teeing if the previous stroke was played from the tee, or dropping another ball over the shoulder as near as possible to the place from which the ball was played.

5. If a ball lies within a foot of the rails on the branch line, the player may pick up and drop the ball without penalty.

6. In the event of a ball dropping in the railway at the last hole on both the 18- and 9-hole courses, the player has the option of dropping another ball and playing two, or teeing another ball and playing three.

Players and all persons accompanying them are requested to observe the following rules:—

*Boots.*—Rubber-soled boots or shoes *without* heels must be worn.

*Long Skirts.*—Ladies are particularly requested not to wear long skirts, as by so doing the surface of the greens is destroyed.

*Passing.*—Members playing over the 9-hole course must allow members playing the 18-hole course to pass at the 13th, 16th, and 17th holes.

## TARIFF FOR CADDIES

The following tariff includes the cleaning of clubs. It is requested that not more than an extra ½ piastre back-sheesh be given if the caddie has been quite satisfactory.

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 18 holes (or any portion) | . | . | . | . | . | 2½ | piastres |
| 9 „ | „ | „ | . | . | . | 2 | „ |

HELOUAN RACES.

(The Start of the Helouan Derby.)

### TERMS

The golf house belongs to the George Nungovich Company, by whom the links are maintained, and visitors residing at this company's hotels pay no subscription. Other players pay at the rate of one shilling a day, five shillings a week, fifteen shillings a month, and two guineas for the winter to the club custodian or professional.

The hon. secretary of the Helouan Golf Club is Dr. Overton Hobson.

**Tennis.**—Most of the larger hotels possess excellent tennis courts, constructed of asphalt, and those residing in the smaller hotels or one of the many pensions, on payment of a small fee, are readily permitted to play. In the course of the winter one or more tournaments are usually organised by the visitors.

**Croquet.**—Some of the hotels have attempted croquet lawns, but sand does not adapt itself to this particular game. However, the lawns are in frequent request, and parties are often arranged for golf croquet, which affords much amusement.

**Riding.**—The opportunities for riding cannot easily be surpassed. The fact that the desert sand is of a firm consistence, and thus not tiring to the horse, and that all round the rider has miles upon miles of undulating country from which to choose his direction, coupled with the glorious pure air, makes riding a particularly enjoyable form of exercise. Horses can be hired from the hotel proprietors,

but for a visitor intending to stay the whole winter a better plan is to buy one and sell again on leaving, 12*l.* to 15*l.* being an average price to pay. On the other hand, the Egyptian donkey makes an excellent substitute; they are remarkably fine animals, and capable of a steady canter for many miles without showing fatigue, the owners comically naming them after some political or theatrical celebrity at home. The usual price to pay is 1*s.* per hour.

**Driving.**—It must be confessed that those desiring to drive do not possess the same advantages as the equestrian. The town itself possesses excellent wide roads, which are extremely well kept, but outside good roads are few in number and not well looked after, though two or three noted drives into the desert are very popular.

**Races.**—A sporting club was formed four years ago for the purpose of holding race meetings, and has steadily prospered. Although Helouan is situated so close to Cairo, where similar meetings have been held for many years, special trains bring crowds of people from the gay city on the occasions of the Helouan meetings, which now number as many as five in the course of the winter, the first being held soon after Christmas. His Highness Prince Mohamed Ali, the Khedive's brother, is President of the Club, and invariably attends and occupies the judge's box.

**Shooting.**—During the proper seasons excellent

HELOUAN RACES.
(The Winning Post.)

quail, snipe, and duck shooting can be obtained in the cultivated lands within a few hours' ride of Helouan; also pigeon shooting at any period. The cost is reasonable. For a party of three the whole day's expenses should not amount to more than 1*l.* per person, and it can often be arranged for less.

**Swimming.**—In connection with the baths are two splendid open-air swimming baths, one for ladies, 90 feet long, and one for gentlemen, 120 feet long. These baths are a favourite resort, especially for golfers on the completion of their morning game, a dip proving most refreshing; the price, which includes towels, &c., being only 1½ piastres.

**Dances.**—Every Friday night a small dance is held at the Grand Hotel, and this occasionally resolves itself into a fancy dress ball. An occasional small dance is also held at the Tewfik Palace Hotel.

**Music.**—All the larger hotels engage bands during the season, which play on certain days during the afternoons on the terraces, on other days in the hotels during and after dinner. An Egyptian military band plays on Sunday afternoons in the gardens opposite the Grand Hotel, and many of the natives come out from Cairo to listen and drink innumerable cups of coffee with their cigarettes.

Helouan also possesses a fine hall with a stage and seating accommodation for several hundred people, and occasionally each winter this is the scene of theatricals got up amongst the visitors.

## CHAPTER IV

### DESCRIPTION OF PLACES OF SPECIAL INTEREST WITHIN THE VICINITY OF HELOUAN

#### The Quarries of Ma'sara and Tourra

These ancient quarries, which have supplied excellent stone for building purposes for at least six thousand years, can be visited on donkeys, the distance occupying about 1½ hours, or, if preferred, by taking the train to Ma'sara and riding thence, this latter plan shortening the ride by one hour. Much of the stone used in building the Pyramids was brought from here, the quarrymen making tunnels for hundreds of yards into the mountains until they found a bed of stone suitable for their purpose. Some of these tunnels still bear traces of inscriptions.

The quarries are still worked, but in a different way, the Arabs now being content to blast off the stone from the outside.

A NATIVE CARAVAN.

JOURNEYING ACROSS THE DESERT.

HALTING FOR THE NIGHT.

### The Observatory

The Observatory, which until two years ago was situated at Abbâsiyeh, has now been removed to Helouan. A commanding and isolated position was selected on the slopes of the Mokattam Hills. In addition to the main building, several smaller ones were erected, and these have been fitted with the most modern instruments that could be obtained, the result being that it is considered the finest observatory in Africa. Visitors, on presenting their cards any day of the week, are made welcome; there is no charge for admission, and members of the staff are always willing to show and explain the elaborate instruments under their care.

One point of interest is that the whole time of Egypt is regulated from here. Automatically at noon daily, a gun is fired at the Cairo citadel and a ball lowered at Alexandria and Port Said by electrical contact with the standard clock of the Observatory.

Visitors desiring to inspect it can either drive or ride there, which can be done in about ten minutes, but it also makes an extremely pleasant walk. On the way a splendid view of the town is obtained, with the Nile in the distance and innumerable pyramids.

The Observatory is under the directorship of Dr. E. B. H. Wade, a well-known meteorologist, with whom is associated a highly-trained staff of assistants.

## Wady Hof

This interesting spot in the Mokattam Hills can be reached in about three-quarters of an hour by donkey. There are two routes, one over the hills, passing the Observatory, the other by taking a course at the foot of the hills in the Cairo direction and bearing to the right after about two miles. The word 'wady' means valley or river-course, and this particular wady is only one of many to be found in these hills, but which, from its fine and majestic surroundings, is unsurpassed in Egypt. It runs through chains of hills which line it almost continuously, the summits of which are many hundreds of feet high, some of them having the appearance of being built in tiers, much like an old Roman amphitheatre.

It is apparent to the visitor, even now, that the whole of this region was once under the sea, for there are thousands of sea shells and stones with imprints of sea fish still to be found lying about, and on one hill also quantities of oyster shells. There is little doubt that a tremendous volcanic disturbance took place many thousands of years ago, causing the sea to retreat, and which at the same time probably produced the wonderful sulphur springs for which Helouan has become famous.

The average rainfall at Helouan is seldom more than one inch per annum, but from time to time

OLD HELOUAN.

a very considerable fall takes place in the hills of this region, which produces two or three times yearly a surging torrent in this valley, but only lasting a few hours. The fact that this occurs so seldom, and that the stones lining the sides and bed of the wady are smoothly polished to the highest degree, is a further proof, if it were needed, of the length of time that has elapsed since the eruption took place, for it is well known that water even constantly running takes a considerable time to polish stones so smoothly, and this water only occurs very infrequently. By climbing any of the surrounding hills magnificent views can be obtained, for the desert atmosphere is almost invariably remarkably clear.

### Old Helouan

The village of old Helouan is well worth a visit, as it presents the characteristic mode of life pursued by the poorer natives of the present day. It is situated on the bank of the Nile, to the south-west of the modern town, distant three miles. It can be reached by carriage or, if preferred, by donkey.

The buildings consist entirely of mud huts erected haphazard amongst groves of palm-trees; here one can witness the daily simple life of these still primitive people, and endless opportunities are afforded the photographer, for the inhabitants here have ceased to regard the camera as an evil thing, and even clamour to be taken.

Occasionally the visitor is requested to inspect their humble dwellings and to partake of coffee, which is the Eastern way of expressing a desire to be friendly and hospitable.

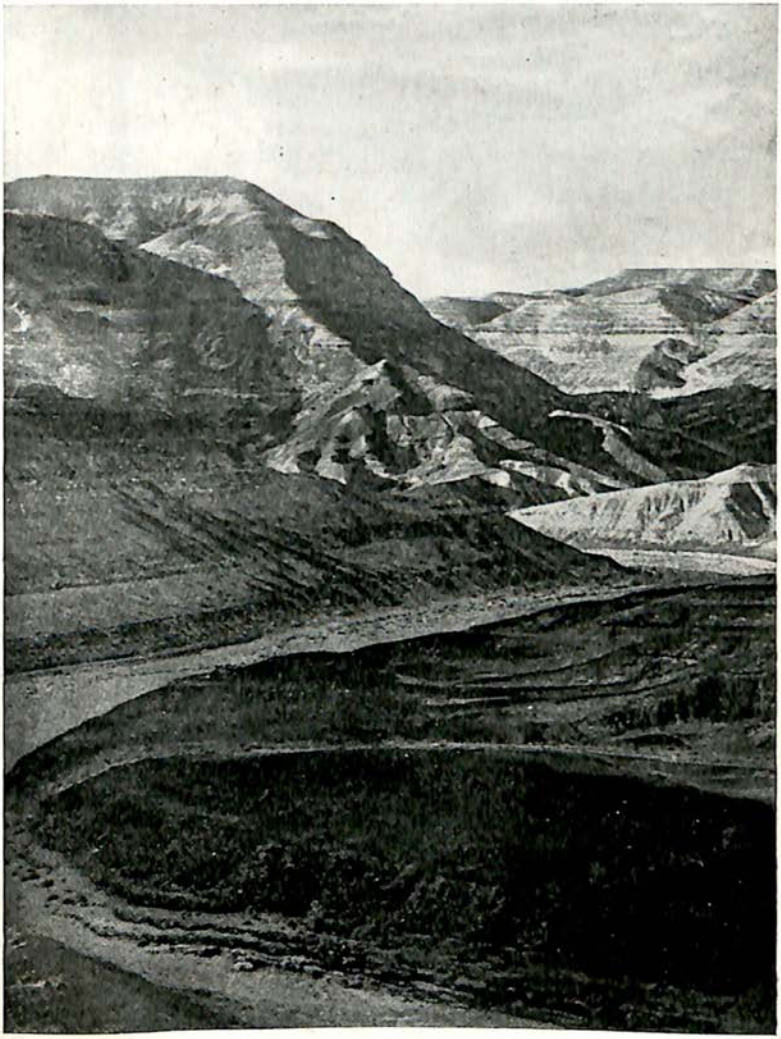
### San Giovanni

This name applies to a small restaurant on the bank of the Nile, close to the village of old Helouan, hitherto owned by an Italian, but which during the past winter has been bought by a European company who, having demolished the old building, are erecting in its place a commodious house with verandahs and gardens, the intention being to supply luncheons and teas. As the new building faces south and west, the visitor will have the benefit of the sunshine the greater portion of the day, and the fact that it is situated on the bank of the Nile, on which can be seen passing to and fro numerous river steamers and picturesque sailing boats, should render it a most popular resort.

### The Ferry

Close to San Giovanni is the landing stage of the ferry boat which conveys people across the Nile, and reference to it here may not be considered out of place.

Hitherto it has not been well managed, but a concession has recently been granted by the



THE ARABIAN HILLS BORDERING HELOUAN, WITH THE WADY HOF IN THE FOREGROUND.

Government to the Helouan Improvement Company, who, it is understood, propose to replace the old ferry by the most modern obtainable, which will be run frequently at regular times, thus doing away with the vexatious delays which passengers have experienced in the past, and so render very easily accessible the marvellous remains of prehistoric and early times which are found in the tombs in and around Sakkara, which have been unearthed by Egyptological explorers.

It is also hoped that in future the various Nile steamers will make this a point of call, and thereby enable tourists, who are departing for a trip or returning from a trip up the Nile, to avoid the journey by rail to or from Cairo.

### Bedrashên

Crossing the Nile by the ferry, within a few minutes' ride, the village of Bedrashên is reached, which is of interest chiefly from the fact that every Wednesday morning one of the largest and most important markets in Egypt is held here.

The scene presented on arrival on market day is one of absorbing interest; the hundreds of natives dressed in their best, the masses of camels, oxen, donkeys, sheep and goats, as well as the produce of the farm for sale, and the fact that the native seldom buys without a good deal of bargaining, often becoming ridiculously excited—all this produces a

most animated picture, and well rewards the visitor for coming.

To carry out this excursion comfortably, Helouan should be left at 8.30 A.M., and without undue haste the visitor should be able to return in time for lunch.

### Memphis and Sakkara

An excursion to these two interesting places occupies a whole day, and an early start should be made, certainly not later than 9 A.M. Crossing the Nile by the ferry, passing the village of Bedrashên on our left, a short ride brings us to the village of Mît-Rahinêh, commonly called Memphis; here, at one period, the kings of Egypt established their capital. Now it is of interest solely from the fact that here is preserved the colossal statue of Rameses II., which was discovered in 1820. It is made of limestone and measures about 42 feet in height. It was probably one of the statues which stood in front of the temple of Ptah, which was founded by Menes, who by many is believed to have founded the city of Memphis.

Leaving Memphis, about 1¼ hour's ride brings us to Sakkara, a stretch of land which formed the great burial-ground of the important ancient Egyptians.

The first pyramid to be noticed is the Step Pyramid, the date of which is uncertain, but probably older than the Pyramids of Gizeh. The steps

NATIVE WATER CARRIERS.

of the pyramid are six in number, and are about 38, 36, 34½, 32, 31 and 29½ feet in height, the width of each step being from 6 to 7 feet. The actual height is 197 feet, and in shape it is oblong. The interior is inaccessible. It was the tomb of King Zoser, of the third dynasty (about 4000 B.C.).

A little south-east of the Step Pyramid is the Pyramid of Unas, fifth dynasty. The walls of the two largest chambers are inscribed with texts and prayers of the greatest interest, recording the earliest known Egyptian ritual for the dead.

Still farther to the south is situated the Pyramid of Teta, sixth dynasty, locally called the Prison Pyramid, because tradition says that it was built near the ruins of the prison where Joseph the patriarch was confined. The arrangement of the interior is identical with that of its neighbour, the Pyramid of Unas.

Mention may here be made of Mariette's house, which still stands, and which we pass on our way to the Apis tombs, which were discovered by the great French Egyptologist in 1851.

The Apis tombs, sometimes called Tombs of the Serapeum, were constructed for the burial of the sacred bulls which were worshipped at Memphis. The tomb consists of a gallery dating from the reign of Psammetichus I., of the twenty-sixth dynasty (660 B.C.). Branching off from this gallery large vaults were excavated to receive the huge granite

sarcophagi, each measuring about 13 feet in length, 11 feet in height, 7½ feet in breadth, of which a few still remain in position. How these immense structures were conveyed round the angles of the gallery is a complete mystery.

The tomb of Thi lies to the north-east of the Apis tomb and was built during the fifth dynasty (about 3500 B.C.). Thi was a man who held the important positions of royal councillor and superintendent of works, the latter office perhaps accounting for the gorgeous decoration of his tomb. The beautiful paintings and sculptures with which the walls are adorned are still in an excellent state of preservation.

The Pyramids of Dashur, situated about 1½ miles further south, consist of two large and one small, made of limestone, and two of brick, usually called the Black Pyramids; within the vicinity are the remains of several others, some being, however, in perfect preservation, as the Pyramid of Medum, called the False Pyramid by the Arabs, because it is unlike any of the others known to them. It is said to have been built by Seneferu, the first king of the fourth dynasty, and is 114 feet high.

THE BATHS ESTABLISHMENT.

## CHAPTER V

### HELOUAN AS A WINTER HEALTH RESORT

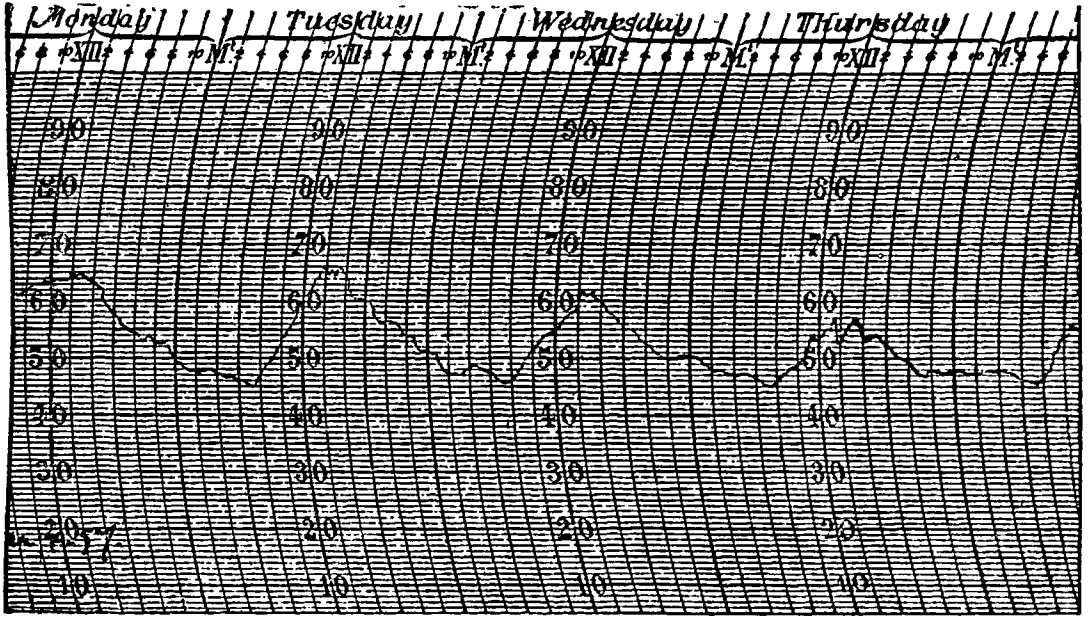
The town of Helouan is situated on one of the slopes of the Mokattam Hills, in latitude 30° N., sixteen miles south of Cairo, about 150 feet above the eastern bank of the Nile, which is three miles distant, and is entirely surrounded by desert.

The following account of the climate is based upon the results of observations made daily for four winters (1896–1898 inclusive) by Dr. W. Page May, my predecessor, to whom I desire to express my grateful thanks for his kindness in permitting me to make use of some of his notes. The meteorological data were obtained by naked-eye observations of standard instruments, tested at Kew and placed either in double-louvred Stevenson screens or under other conditions approved by the Royal Meteorological Society, a large number of the instruments employed being self-recording.

### CLIMATE

**Sunshine.**—The average sunshine during these four winters (November to March) was eight hours

| Years and months | Temperature | | | | Humidity | Rainfall | | Sunshine |
|---|---|---|---|---|---|---|---|---|
| | Mean | | Extremes | | | Total Fall | No. of Days | |
| | Max. | Min. | Max. | Min. | | | | |
| | Degs. | Degs. | Degs. | Degs. | | Inches | | Hours |
| 1896, Nov. | 79·1 | 58·7 | 88·4 | 51·0 | — | 0 | — | 258·25 |
| 1897 „ | 69·52 | 51·20 | 79·2 | 47·0 | — | — | — | 250·31 |
| 1898 „ | 75·96 | 59·47 | 87·6 | 52·2 | — | ·127 | 3 | 264·79 |
| 1899 „ | 74·2 | 56·1 | 86·0 | 50·8 | — | 0 | — | 253·4 |
| Mean . | 74·69 | 56·36 | 85·02 | 50·02 | — | — | — | 256·59 |
| 1896, Dec. | 73·0 | 51·0 | 86·4 | 43·0 | — | ·4362 | — | 257·62 |
| 1897 „ | 64·98 | 45·83 | 68·8 | 31·8 | — | ·06 | — | 244·6 |
| 1898 „ | 65·72 | 48·74 | 85·4 | 40·4 | — | ·13 | — | 249·50 |
| 1899 „ | 66·84 | 49·42 | 78·8 | 44·0 | — | ·385 | — | 250·73 |
| Mean . | 67·63 | 48·74 | 79·31 | 39·53 | — | — | — | 250·61 |
| 1897, Jan. | 67·3 | 47·5 | 78·0 | 43·4 | — | ·020 | — | 213·5 |
| 1898 „ | 62·32 | 41·92 | 66·8 | 32·0 | — | ·45 | — | 225·17 |
| 1899 „ | 63·52 | 44·94 | 67·4 | 39·4 | — | — | — | 232·56 |
| 1900 „ | 65·21 | 45·40 | 75·6 | 38·0 | — | ·21 | — | 236·80 |
| Mean . | 64·58 | 44·94 | 71·54 | 38·2 | — | — | — | 227·0 |
| 1897, Feb. | 66·9 | 47·1 | 78·0 | 43·4 | — | ·005 | — | 229·30 |
| 1898 „ | 70·41 | 45·38 | 85·8 | 41·0 | — | — | — | 234·47 |
| 1899 „ | 68·34 | 47·83 | 78·4 | 41·4 | — | ·41 | — | 225·35 |
| 1900 „ | 69·02 | 50·6 | 76·0 | 45·2 | — | ·65 | — | 218·26 |
| Mean . | 68·66 | 47·72 | 79·28 | 42·52 | — | — | — | 226·84 |
| 1897, Mar. | 74·5 | 50·2 | 88·8 | 45·0 | — | ·010 | — | 291·2 |
| 1898 „ | 75·21 | 50·82 | 98·6 | 43·2 | — | ·14 | — | 284·12 |
| 1899 „ | 76·43 | 51·84 | 98·8 | 30·2 | — | ·15 | — | 280·24 |
| 1900 „ | 76·09 | 54·1 | 97·5 | 43·5 | — | — | — | 301·14 |
| Mean . | 75·55 | 51·74 | 95·31 | 40·4 | — | — | — | 289·15 |




Temperature of the air (Jan. 6–9, 1897) as recorded automatically. Shows no appreciable drop at sunset.

## Table Showing the Temperature at Helouan in Degrees Fahrenheit

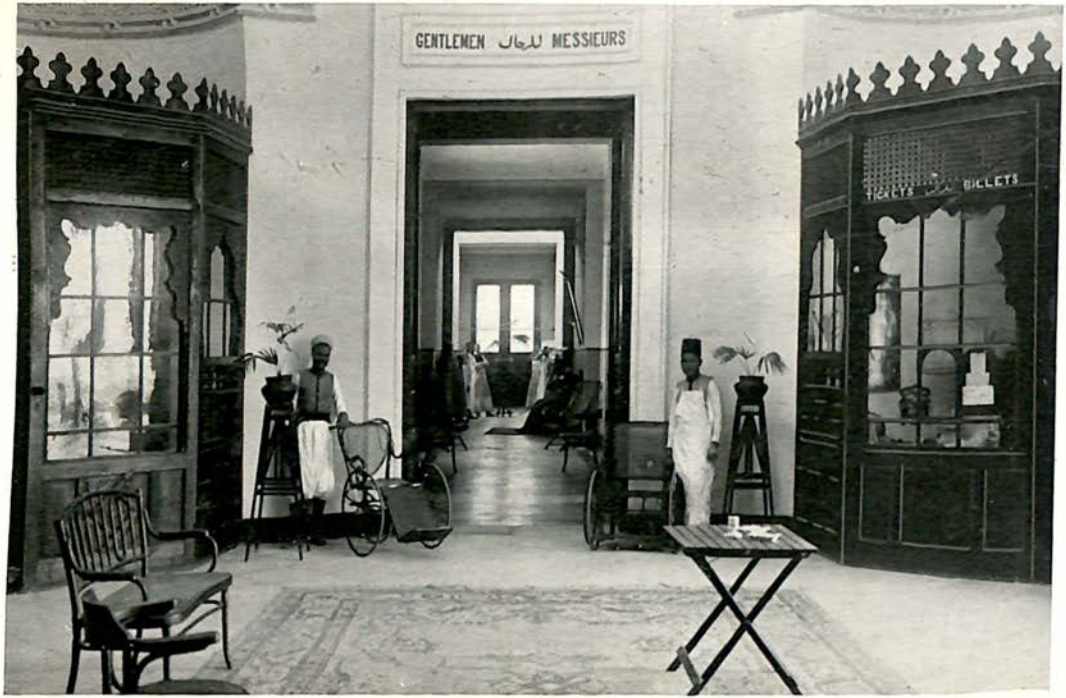
| — | Maxima, Mean | Minima, Mean | Mean of Maxima and Minima | Daily Range | Extreme Highest | Extreme Lowest | 9 A.M. Mean | 9 P.M. Mean | Soil Temperature (4 feet) | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | 9 A.M. | 9 P.M. | Difference |
| | Degs. | Degs. | Degs. | Degs. | Degs. | Degs. | Degs. | Degs. | Degs. | Degs. | Degs. |
| 1896— | | | | | | | | | | | |
| Nov. . . . . | 79·1 | 58·7 | 68·9 | 20·4 | 88·4 | 51·0 | 67·0 | 67·6 | 78·0 | 78·6 | 0·6 |
| Dec. . . . . | 73·0 | 51·0 | 62·0 | 22·0 | 86·4 | 43·0 | 60·0 | 63·0 | 71·98 | 71·94 | 0·01 |
| 1897— | | | | | | | | | | | |
| Jan. . . . . | 67·3 | 47·5 | 57·4 | 19·8 | 78·0 | 43·4 | 56·2 | 57·0 | 69·77 | 69·8 | 0·03 |
| Feb. . . . . | 66·9 | 47·1 | 57·0 | 19·8 | 78·0 | 43·4 | 56·9 | 56·9 | 69·97 | 70·01 | 0·4 |
| March . . . . | 74·5 | 50·2 | 62·3 | 24·3 | 88·8 | 45·0 | 62·7 | 61·9 | 70·95 | 70·98 | 0·80 |
| Average . . . | 72·1 | 50·9 | 61·5 | 21·2 | 88·8 | 45·0 | 60·5 | 61·3 | 70·95 | 70·98 | 0·03 |
| 1897— | | | | | | | | | | | |
| Nov. . . . . | 69·52 | 51·20 | 60·18 | 18·32 | 79·2 | 47·0 | 62·11 | 60·65 | 78·51 | 79·06 | 0·55 |
| Dec. . . . . | 64·98 | 45·83 | 55·40 | 19·15 | 68·8 | 31·8 | 54·87 | 54·81 | 73·43 | 73·32 | 0·11 |
| 1898— | | | | | | | | | | | |
| Jan. . . . . | 62·32 | 41·92 | 52·12 | 20·40 | 66·8 | 32·0 | 52·36 | 52·49 | 69·25 | 69·25 | — |
| Feb. . . . . | 70·41 | 45·38 | 57·89 | 25·03 | 85·8 | 41·0 | 55·77 | 58·83 | 68·02 | 69·76 | 1·74 |
| March . . . . | 75·21 | 50·82 | 63·01 | 24·39 | 98·6 | 43·2 | 63·81 | 64·06 | 69·98 | 70·01 | 0·03 |
| Average . . . | 68·48 | 47·03 | 57·72 | 21·45 | 79·26 | 38·82 | 57·78 | 58·16 | 71·83 | 72·28 | — |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 1898— | | | | | | | | | | | |
| Nov. . . . . | 75·96 | 59·47 | 67·71 | 16·49 | 87·6 | 52·2 | 67·81 | 66·74 | 80·46 | 80·10 | 0·36 |
| Dec. . . . . | 65·72 | 48·74 | 57·23 | 16·98 | 85·4 | 40·4 | 56·38 | 58·85 | 75·04 | 75·00 | 0·04 |
| 1899— | | | | | | | | | | | |
| Jan. . . . . | 63·52 | 44·94 | 53·23 | 18·58 | 67·4 | 39·4 | 52·46 | 54·94 | 69·89 | 69·76 | 0·13 |
| Feb. . . . . | 68·34 | 47·83 | 58·08 | 20·51 | 78·4 | 41·4 | 55·92 | 58·84 | 68·56 | 68·59 | 0·03 |
| March . . . . | 76·43 | 51·84 | 64·13 | 24·59 | 98·8 | 30·2 | 64·52 | 64·67 | 69·83 | 69·87 | 0·04 |
| Average . . . | 69·99 | 50·56 | 60·07 | 19·43 | 88·05 | 40·43 | 59·41 | 60·80 | 72·75 | 72·66 | — |
| 1899— | | | | | | | | | | | |
| Nov. . . . . | 74·2 | 56·1 | 65·1 | 18·0 | 86·0 | 50·8 | 65·6 | 61·7 | 78·9 | 79·2 | 0·3 |
| Dec. . . . . | 66·84 | 49·42 | 58·13 | 17·42 | 78·8 | 44·0 | 57·42 | 57·49 | 78·46 | 78·42 | 0·4 |
| 1900— | | | | | | | | | | | |
| Jan. . . . . | 65·21 | 45·40 | 55·30 | 19·81 | 75·6 | 38·0 | 54·7 | 57·45 | 69·63 | 69·59 | 0·4 |
| Feb. . . . . | 69·02 | 50·6 | 59·80 | 18·42 | 76·0 | 45·2 | 58·11 | 60·78 | 68·85 | 69·45 | 0·60 |
| March . . . . | 76·09 | 54·1 | 65·09 | 21·99 | 97·5 | 48·5 | 63·60 | 64·18 | 70·26 | 70·28 | 0·02 |
| Average . . . | 70·23 | 50·99 | 60·68 | 19·12 | 82·43 | 44·03 | 59·74 | 60·81 | 72·22 | 72·46 | — |
| Average for four years . . | 70·20 | 49·87 | 59·99 | 20·30 | 83·38 | 42·07 | 59·35 | 60·14 | 71·93 | 72·09 | — |

daily, the month of March recording the greatest amount in any one month (291 hours), the month of January the least (213 hours); a noteworthy point being the fact that not a single day occurred without some sunshine (see Table, p. 36).

**Temperature** (see Table, pp. 38, 39).—Taking the invalid's day as lasting from 9 A.M. to 9 P.M., it will be seen he can live out of doors in pure desert air from the beginning of November to the end of March in an average temperature of from 60° F. at 9 A.M., increasing steadily to 70° at about 3 P.M., and returning slowly to a temperature of 60° at 9 P.M. At night the average minimum for the same period is 50° F. The difference between the mean maxima and minima for each twenty-four hours averages 20°; this daily range of temperature is not a disadvantage, and is pleasant rather than otherwise. It is important to note, however, that this variation, which is 9° less than at Assouan, and even still smaller than many well-known health resorts in Europe, is not characterised by any sudden fall, the change from maximum to minimum is gradual, and as an example the self-registered temperature curve for the four days, January 6 to 9, 1897, inclusive, is here reproduced.[1] The temperature there is self-recorded and given accurately for every moment in the period, and it will be seen there is no appreciably sudden drop even at sunset.

[1] See page 37.




THE ENTRANCE HALL.
(The Baths Establishment.)

In the same table will be found temperatures of the soil, taken at a depth of four feet, and it will be noted that the difference between the temperature taken at 9 P.M. and that of 9 A.M. does not amount to as much as one-fifth of a degree. In the months of December, January, and February the difference was even less, and scarcely appreciable.

**Humidity** (see Table, pp. 42, 43).—The mean of the 9 A.M. temperatures for the five months, November to March, during the four winters, was 60°; the 9 P.M. temperature for the same period was 61·2°; that of the wet-bulb thermometer was 53·6°. These results, calculated by Glaisher's tables, give a relative humidity at 9 A.M. of 59 per cent., and at 9 P.M. of 57 per cent. The relative humidity, as indicated by a recording hygrometer, has daily maxima and minima for the same period of 84 and 30 per cent. respectively. Thus, again taking the invalid's day as from 9 A.M. to 9 P.M., a visitor at Helouan could breathe desert air from November to April inclusive, containing on the average at that period of the twenty-four hours, only between 30 and 60 per cent. of moisture (relative humidity).

**Wind** (see Table, p. 44).—The mean numbers given by the Robinson anemometer were, for the five months November to March, for the four winters, 21·3 between 9 P.M. through the night to 9 A.M., and 34·3 for the mean twelve hours, 9 A.M. to 9 P.M. That is, there was an increase of about 70 per cent.

## Table Showing Humidity at Helouan

| — | Wet Bulb, 9 A.M., Mean | Dry Bulb, 9 A.M., Mean | Relative Humidity, 9 A.M., calculated by Glaisher's Tables | Wet Bulb, 9 P.M., Mean | Dry Bulb, 9 P.M., Mean | Relative Humidity, 9 P.M., calculated by Glaisher's Tables | Relative Humidity. Maximum Mean (By Recording Hygrometer) | Relative Humidity, Minimum Mean (By Recording Hygrometer) |
|---|---|---|---|---|---|---|---|---|
| | Degs. | Degs. | | Degs. | Degs. | | | |
| 1896— | | | | | | | | |
| Nov. | 59·1 | +7·8 | 60 | 58·0 | +9·5 | 54 | 83 | 26 |
| Dec. | 54·4 | +5·6 | 68 | 55·6 | +7·3 | 60 | 86 | 35 |
| 1897— | | | | | | | | |
| Jan. | 49·3 | +6·9 | 61 | 50·5 | +6·5 | 62 | 86 | 35 |
| Feb. | 49·7 | +7·2 | 59 | 50·2 | +6·7 | 61 | 86 | 29 |
| March | 54·2 | +8·4 | 56 | 53·8 | +7·1 | 60 | 82 | 24 |
| Mean | 53·3 | +7·2 | 60 | 53·6 | +7·4 | 59 | 84 | 30 |
| 1897— | | | | | | | | |
| Nov. | 55·06 | +7·05 | 57 | 53·4 | +7·25 | 58 | 84·00 | 30·02 |
| Dec. | 49·55 | +5·32 | 65 | 49·51 | +5·80 | 65 | 85·92 | 37·14 |
| 1898— | | | | | | | | |
| Jan. | 47·28 | +5·13 | 66 | 47·28 | +5·26 | 65 | 84·62 | 34·6 |
| Feb. | 48·7 | +7·07 | 57 | 50·18 | +8·70 | 53 | 77·07 | 22·42 |
| March | 54·09 | +9·72 | 47 | 54·01 | +10·05 | 46 | 84·70 | 21·03 |
| Mean | — | — | 58·4 | — | — | 57·4 | 83·3 | 29·0 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1898— | | | | | | | | |
| Nov. | 60·66 | +7·15 | 54 | 59·99 | +6·75 | 62 | 84·68 | 31·24 |
| Dec. | 51·66 | +4·72 | 69 | 52·4 | +6·45 | 65 | 89·39 | 35·67 |
| 1899— | | | | | | | | |
| Jan. | 47·56 | +4·90 | 68 | 49·20 | +5·74 | 63 | 88·58 | 41·25 |
| Feb. | 50·28 | +5·64 | 64 | 51·85 | +6·99 | 58 | 81·53 | 26·71 |
| March | 53·85 | +10·67 | 44 | 53·68 | +10·99 | 43 | 75·49 | 20·63 |
| Mean | — | — | 59·8 | — | — | 58·2 | 83·9 | 31·1 |
| 1899— | | | | | | | | |
| Nov. | 57·95 | +7·65 | 58 | 53·67 | +8·03 | 55 | 78·21 | 27·35 |
| Dec. | 51·54 | +5·88 | 63 | 51·30 | +6·19 | 61 | 68·54 | 31·16 |
| 1900— | | | | | | | | |
| Jan. | 49·6 | +5·1 | 68 | 50·38 | +7·07 | 59 | 68·19 | 23·51 |
| Feb. | 52·42 | +5·69 | 64 | 53·4 | +7·33 | 57 | 66·03 | 22·64 |
| March | 53·9 | +9·70 | 47 | 54·58 | +9·60 | 47 | 67·29 | 16·87 |
| Mean | — | — | 60 | — | — | 55·8 | 69·6 | 24·8 |
| Average for four winters | — | — | 59·8 | — | — | 57·6 | 80·2 | 28·6 |

## Table showing Wind and Rain at Helouan

| | Wind Measured by Robinson Anemometer read at | | | Total Rainfall in Inches[1] |
|---|---|---|---|---|
| | 9 A.M. Mean | 9 P.M. Mean | Total | |
| 1896— | Miles | Miles | Miles | |
| Nov. . . . . | 19·9 | 33·0 | 52·9 | 0 |
| Dec. . . . . | 21·1 | 35·1 | 56·2 | 0·4362[2] |
| 1897— | | | | |
| Jan. . . . . | 19·2 | 35·3 | 54·5 | ·020 |
| Feb. . . . . | 22·9 | 41·7 | 64·6 | ·005 |
| March . . . . | 20·6 | 37·1 | 64·6 | ·010 |
| Mean . | 20·25 | 36·22 | 56·47 | — |
| 1897— | | | | |
| Nov. . . . . | 26·3 | 41·7 | 67·10 | — |
| Dec. . . . . | 9·90 | 23·61 | 33·51 | ·06 |
| 1898— | | | | |
| Jan. . . . . | 18·12 | 40·0 | 58·12 | ·45 |
| Feb. . . . . | 17·57 | 24·85 | 42·42 | — |
| March . . . . | 24·35 | 41·03 | 65·38 | ·14 |
| Mean . | 19·24 | 34·23 | 53·30 | — |
| 1898— | | | | |
| Nov. . . . . | 23·6 | 43·2 | 66·8 | ·127 |
| Dec. . . . . | 9·90 | 23·61 | 33·51 | ·13 |
| 1899— | | | | |
| Jan. . . . . | 12·19 | 26·25 | 38·44 | ·41 |
| Feb. . . . . | 14·0 | 29·07 | 43·07 | ·23 |
| March . . . . | 44·19 | 46·70 | 90·89 | — |
| Mean . | 20·77 | 33·76 | 54·54 | — |
| 1899— | | | | |
| Nov. . . . . | 24·5 | 38·2 | 62·7 | ·15 |
| Dec. . . . . | 26·25 | 34·45 | 60·70 | ·385 |
| 1900— | | | | |
| Jan. . . . . | 18·77 | 22·09 | 40·86 | ·21 |
| Feb. . . . . | 22·60 | 31·92 | 54·52 | ·65 |
| March . . . . | 32·67 | 41·38 | 74·05 | — |
| Mean . | 24·95 | 33·20 | 58·5 | — |
| Mean for four winters | 21·3 | 34·3 | 55·6 | — |

[1] Less than half an inch during the five months.

[2] In one evening, December 2.

of wind during the day. From these numbers it will be obvious that Helouan is anything but a windy place. In comparing the tables, February is found to be the most windy month, March rather less windy, and November least.

**Dust.**—It might be supposed that, because Helouan is situated in the desert, there must necessarily be a considerable amount of dust in the air. On the contrary, Helouan is singularly free from dust, and markedly so in comparison with most European towns, and this may be explained by the fact that the granules of sand are larger and of a greater specific gravity than the particles of dried cultivated soil, and consequently less easily disturbed by any wind.

**Rain** (see Table pages 36 and 44).—A few showers, and once or twice a heavy downpour lasting an hour or two, is all that occurs during the six months, the average total rainfall never exceeding an inch. Hence Helouan may be considered practically rainless.

## SUITABILITY FOR INVALIDS

With such an equable climate, so pure an air, practically free from dust and germs of any sort, and almost complete immunity from rain, it can easily be understood that Helouan possesses advantages as a winter health resort which cannot easily be surpassed.

Leaving out of consideration for the present the class of case which might gain benefit from bath treatment, there are many conditions of ill-health which such surroundings can very materially improve, if not completely cure.

For example, sufferers from early chest trouble, chronic bronchial conditions, renal diseases, albuminuria, enlarged glands, asthma and anæmia—in all these conditions, dryness and purity of atmosphere play the most important part in the recovery of the patient, and where can this be better obtained than in a desert climate? Over and over again certain pulmonary and renal cases, after a comparatively short stay, have been able to quietly commence golf; and by means of this popular game they have not only been helped to forget their ailments, but have been provided with suitable exercise and interest, while at the same time reaping the benefit of an open-air life. Further, owing to there being no sudden change of

A CORRIDOR.

(The Baths Establishment.)

temperature, and only the most gradual fall at night, even those most susceptible to cold can sleep with their windows widely open, and thus enjoy fresh air without discomfort the entire round of the clock.

In addition, persons in a poor state of health as the result of overwork, and those convalescent after severe illness, invariably find the healthy conditions of life such as Helouan can offer of the greatest advantage.

Patients suffering from functional diseases of the nervous system, and neurasthenics, also do remarkably well.

Coming now to cases in which bath treatment can give assistance, one must certainly make first reference to those of rheumatoid and osteo-arthritis. In these two conditions the most striking results have been obtained, and I have little doubt that this success is due to the combination of the waters and the climate; how much of it can be apportioned to each it is very difficult to estimate, but I am certain that to get satisfactory results in balneological treatment good climatic conditions are essential. However, the fact remains that the majority of such cases during a visit make remarkable progress, and obtain permanent benefit.

In addition, the waters, internally or externally, help in a marked degree cases of sciatica, gout and its many allied conditions, a sluggish hepatic and portal system, enlargement of the liver and pelvic

organs, and certain skin diseases, as eczema and psoriasis.

In conclusion on this subject I would once more draw attention to the ever-increasing facilities that are each year being provided by the various shipping companies and hotels, which allow even those of moderate means to escape the rigours and uncertainties of our home winter climate, and enjoy one which is undoubtedly superior to that of the various Riviera resorts, and even that of Algiers, during the winter months.

In addition to the question of climate, I know no place in Europe, or within such easy reach, where sufferers from any of the ailments above enumerated can obtain during the winter months bath treatment under such good conditions.

For those who, from one reason or another, are unable to be away for the entire winter, with particular reference to those suffering from rheumatic affections, I am strongly of opinion it is better to come late and leave late instead of the contrary.

Cases constantly arise in which those who have been under treatment and under almost perfect climatic conditions will propose leaving at the end of February or beginning of March, either for home or for various places in France and Italy, only to experience spells of bitterly cold weather, and even snow, and under these circumstances they lose much of the improvement they have made. Certainly

A WAITING ROOM.
(The Baths Establishment.)

during April there are occasional short periods of hot weather due to the khamseens, which consist of a hot wind, but which seldom lasts more than three days, and which do not occur as a rule more frequently than once in ten days.

If the visitor consents to put up with what is after all a very small amount of temporary discomfort, which does not even amount to that in all cases, there is no reason, from the point of view of excessive heat, why one's stay should not be prolonged into May.

In adopting such a course it is found that the boats are less crowded and consequently much more comfortable, and by the time Europe is reached the spring should be sufficiently advanced to reduce to a minimum the unpleasantness and disadvantage to many of passing from a warm equable climate to the reverse.

## HELOUAN COMPARED WITH ASSOUAN AS A HEALTH RESORT

Another health resort in Egypt which most closely resembles Helouan is that of Assouan, but there are important differences, some of which may, without prejudice, be claimed in favour of Helouan. The more important of these follow from the different sites of these two resorts.

Helouan is situated sixteen miles south of Cairo, on the slopes of the desert hills, 120 to 150 feet above the level of the Nile and three miles from its banks, whereas Assouan is nearly six hundred miles south of Cairo, actually on the Nile itself, and within about thirty-five miles of the tropics. Hence at Assouan the direct rays of the sun are almost tropical in their intensity, and visitors there require special protection.

From these facts it follows also that Assouan has a much greater variation in daily temperature, the difference between the heat of the day and cold of the night being on an average over 9° more than at Helouan. This changeability of temperature, sufficient anywhere in Egypt, requires at Assouan constant care, especially in regard to invalids. On the other hand, it follows that Assouan is a shade drier in relative and absolute humidity than Helouan.

AN ELECTRIC LIGHT BATH.
(The Baths Establishment.)

From the statements given above in regard to the general situation of Helouan it follows, as direct meteorological observations prove, that Helouan has a decidedly more uniform temperature, markedly less wind and dust than Assouan, and although perhaps not so excessively dry as Assouan, it is drier than any other health resort in Egypt, and incomparably drier than any resort in Algiers or Europe in the winter months. Moreover, the greater accessibility of Helouan to Cairo (half an hour) affords facilities and advantages of a cosmopolitan metropolis which may not infrequently be put to good account.

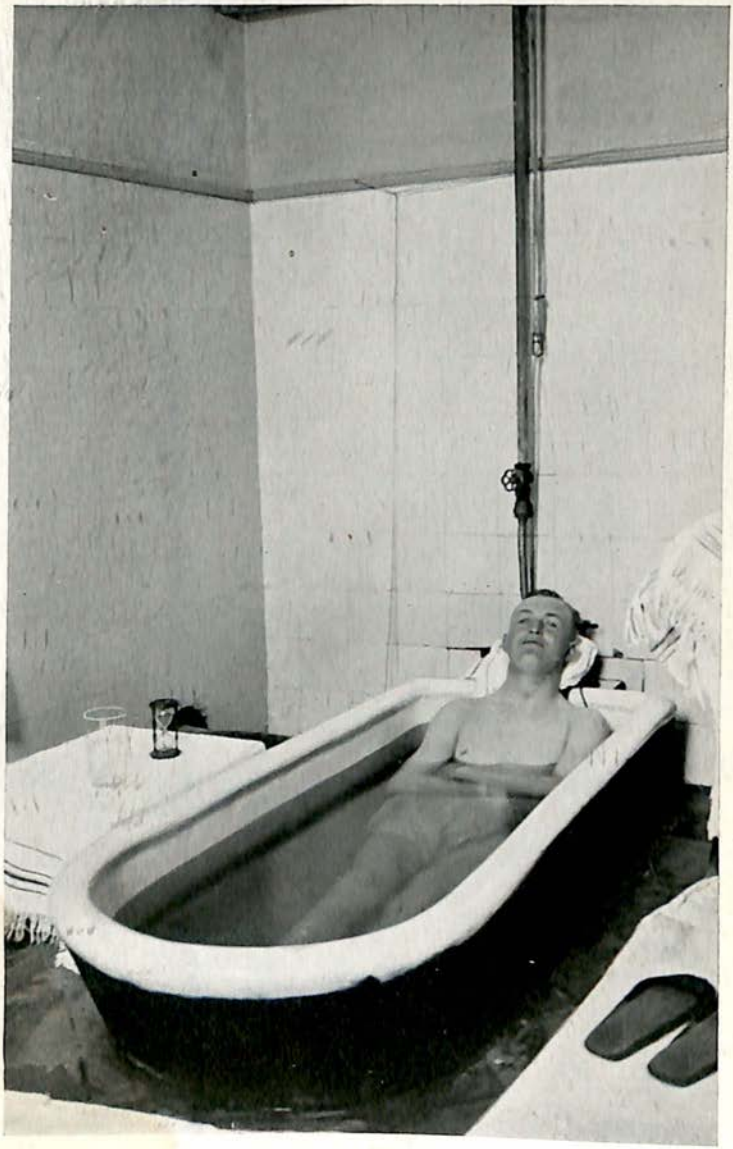
56658

LIBRARY OF THE BOMBAY BRANCH OF THE ROYAL ASIATIC SOCIETY

## HINTS TO VISITORS

During the month of January one experiences in all parts of Egypt a few days on which decidedly warm clothing is an essential, and I would warn intending visitors from bringing only thin articles of apparel; a few really warm clothes should certainly be included in their trunks. Brown, rather than black, boots will be found more comfortable; in fact, black clothes, so far as possible, should be avoided, as this colour particularly attracts the sun's rays. A small flannel belt worn round the waist is a safeguard against catching chills. Soft felt hats should be worn by men; the rays of the sun are much stronger than they appear or is suspected, and whilst straw hats may be worn with impunity in Cairo, they are scarcely of sufficient protection in the desert.

Occasionally, by a very few, the sun is found a little trying to the eyes, and, if desired, coloured or smoked glasses can easily be obtained from the local chemists. As it is a common supposition amongst those at home that eye troubles are frequent from this cause, I may mention that in the course of the six winters I have spent in Egypt I have only met with one visitor troubled in this respect. The large amount of eye disease amongst the native



AN IMMERSION BATH.
(The Baths Establishment.)

inhabitants arises from other causes, chiefly uncleanliness.

The water supply is that of the Nile, but as it is all most carefully filtered in the various hotels and pensions by Pasteur-Chamberlin filters, there is, in my opinion, no risk in drinking it. Milk should always be boiled, and it is certainly safer to abstain from eating uncooked vegetables, such as salads. With these I would include dates, the skins of which are almost invariably pierced with small holes; one can never be certain in what dirty water they may have been washed by the natives before being sold, and although they will certainly have been washed in clean water before being put on the table, it is difficult to do so effectively.

A condition which is not uncommon amongst visitors to Egypt, as in other Eastern countries, is that of diarrhœa, which as a rule is regarded by the stranger as being due to something he has eaten. But it is almost invariably due to a slight intestinal chill, which sets up considerable fermentation of ingested food, and which produces sufficient irritation of the bowel to cause the condition referred to. However, with a little care, it need not cause more than a temporary inconvenience, and can certainly be avoided.

## CHAPTER VI

### THE BATHS

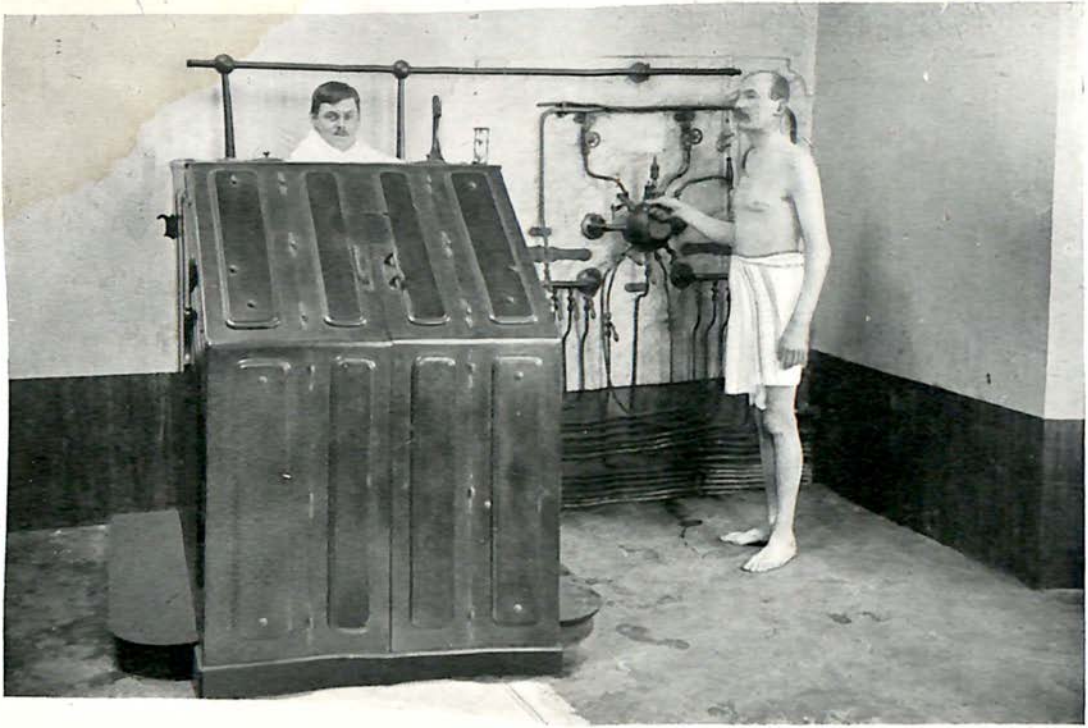
THE bath establishments are the property of the Egyptian Government, being controlled by the Public Works Department under Sir W. Garstin, K.C.M.G. The Government also appoint an English Resident Medical Director.

In 1899 they were leased for a term of years to the George Nungovich Company, who, with the approval of the Government, have done much to develop them.

In 1897 the present building was commenced, and opened in December 1899 by H.H. the Khedive. The establishment, which is situated at the most southern point of the town, on the edge of the desert, has been built on Oriental lines, and is extremely well lighted and ventilated.

A point which will be appreciated by visitors afflicted with joint troubles is that there is not a step in the building.

At the entrance there is a large terrace, where it is the custom for those who have been ordered to



A BERTHE VAPOUR BATH.
(The Baths Establishment.)

drink the waters to sit or walk whilst carrying out this portion of the cure.

The fact that this terrace is bathed in sunshine from early morning till late in the afternoon makes it a congenial spot even in the depth of winter.

Passing from the terrace, we enter the spacious entrance hall, with its splendid dome, decorated with Eastern magnificence. Facing the entrance is situated the room containing the water supply for drinking purposes. On either side doors open into large corridors from which radiate the various bath-rooms and waiting-rooms, one side of the building being devoted to ladies, the other to gentlemen. Although the present establishment is new, it is recorded that the waters were employed for their healing properties as early as 1600 B.C. There are several kinds of medicinal waters springing from the soil of the desert of Helouan, but of these only two need be referred to here—namely, the sulphuro-saline and simple saline. The latter, in purely saline constituents, is not so strong as the wonderful similar waters found at Droitwich, and in a lesser degree at Harrogate and many parts of the Continent, yet affords an extremely useful and mild therapeutic agent. The former, the sulphuro-saline water, is, however, in its active sulphur therapeutic constituents, considerably stronger than any natural sulphur water employed in baths in Europe.

Moreover, the sulphuro-saline waters of Helouan,

unlike many similar waters employed in baths in Europe, is never diluted with hot or other waters to bring it to the temperature required for medicinal purposes, but, thanks to a local patent, is used in its original strength and yet at any desired temperature.

There are, however, in Europe two or three springs of sulphuro-saline water with a greater proportion of sulphur than the Helouan water, but they give too small a quantity to be used in baths, and if used at all are reserved for drinking purposes.

The action of the Helouan sulphur water on the baser metals is such that its employment under modern methods has proved an extremely expensive undertaking. Every likely material was experimented with, and even aluminium had to be discarded after a short time as useless.

The immersion of a silver coin for a few seconds in the Helouan sulphuro-saline water is sufficient to turn it absolutely black, and even the silver coins carried in the pockets of visitors are distinctly discoloured after one visit to the establishment. Notwithstanding these powerful effects, the water is by no means disagreeable to drink, and the odour of the sulphuro-saline water in the bathing establishment is not particularly noticeable after the first minute or two because the sulphur is already in a natural combination in the water in which it is dissolved.

There are several of these springs in close

THE HELOUAN SPECIAL BATH.
(The Baths Establishment.)

proximity to the establishment. All but one run to waste day and night; the latter is sufficient for the present needs of the establishment, as it has never been known to yield, either in winter or summer, less than twelve gallons per minute.

The temperature of the water as it leaves the source is 91° F. (33° C.), and the water is employed unaltered except as regards its temperature, which can be regulated at will.

On page 60 an analysis will be found by Professor F. Attfield, F.R.S.

The dressing-rooms, &c., are simply but comfortably furnished, and heated with steam when required.

The native staff of attendants is augmented each winter by several of the most experienced masseurs and masseuses employed during the summer at the Aix and Harrogate baths, so no visitor need feel anxiety on this important point, for they will in consequence receive the most skilled attention.

## THE HELOUAN BATH

A few remarks in reference to this bath may be of interest.

It is of sufficient size to enable the whole body to be submerged.

Throughout the time the patient is in it, the sulphuro-saline water, regulated to the temperature ordered by the physician, is permitted to run in

freely, the overflow escaping through a pipe, the opening of which is almost on a level with the rim of the bath. Thus the patient is in a bath the water of which is being constantly freshly supplied, and he is at the same time receiving massage under the water by two masseurs.

Owing to the method adopted, this strong sulphuro-saline water, stronger than any in Europe, is, as has been said, utilised at any required temperature, and yet is never diluted by admixture with hot water.

Three distinct medicinal agents are thus at one and the same time employed, though each can be varied at will independently of the others, namely:

i. The greater or less heat.
ii. The mechanical and stimulating effects of the massage.
iii. The chemical properties of the sulphur and other constituents of this highly charged water.

It may here be remarked that the sulphur saline and other constituents of the water do not merely produce a chemical effect on the human organism, but, as has been definitely proved, stimulate the end organs and peripheral terminations of the sensory nerves, and thus produce a powerful vaso-motor and reflex action throughout the whole body.

It will be seen that the above bath, though similar in principle to that of the Aix douche massage (which

A DRESSING ROOM.
(The Baths Establishment.)

has deservedly won a world-wide reputation), is not only more effective and complete, but at the same time much pleasanter to undergo.

### Comparison with the Aix Douche Massage

The Aix douche massage, which has been famous for some years, consists of two gentle streams of water issuing from two hose-pipes, which are manipulated by two masseurs, who at the same time give massage to the patient. This system means, however, that only, for example, two arms or one arm and one leg are under the water, the remainder of the body being exposed to the air of the room. In the Helouan bath the whole body is under the water the entire time, and consequently at an even temperature. By this method the two masseurs, having once regulated the water to the temperature required, are free, having no hose-pipe to manipulate, to devote all their attention to massaging the patient, and thus their work is more simple and necessarily more effective.

Medical Director for the Egyptian Government, Dr. Overton Hobson.

General Manager, Herr Petrie.

### SWIMMING BATHS

The open-air swimming baths, to which reference has already been made in the chapter on amuse-

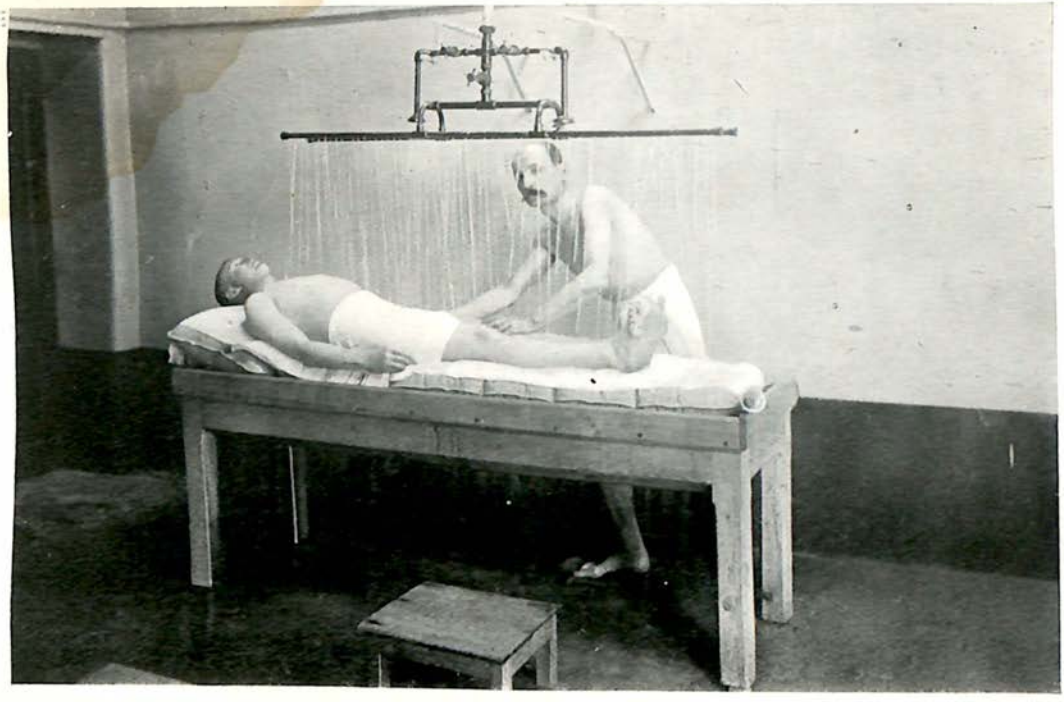
ments, are situated just outside the bath establishment, and are supplied with the same sulphuro-saline water, which is allowed to run in and out day and night. The water here is found to have an average temperature of from 70° F. to 75° F. Bathing in these waters is extremely refreshing, softening to the skin, and an excellent restorative to the hair.

TABLE SHOWING ANALYSIS OF THE SULPHURO-SALINE WATER OF HELOUAN, BY PROFESSOR F. ATTFIELD, F.R.S.

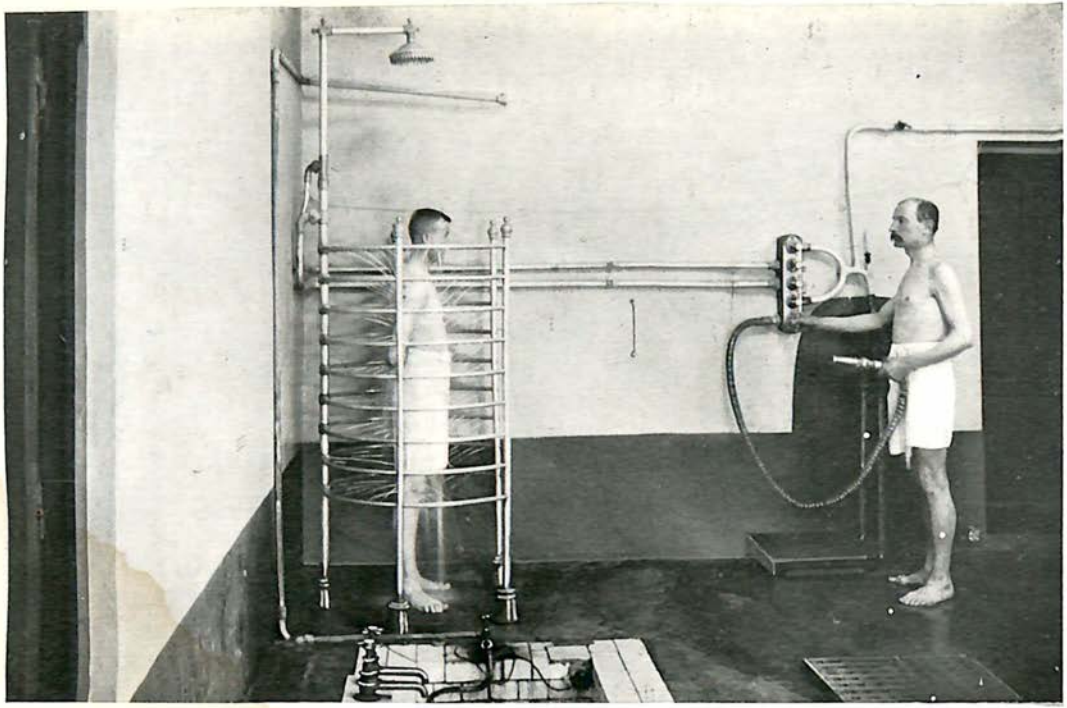
| Constituents | Grammes per Litre | Grains per Gallon |
|---|---|---|
| Potassium chloride . . | 0·2923 | 20·4610 |
| Sodium chloride . . | 5·0690 | 354·8300 |
| Calcium sulphate . . | 0·0694 | 4·8580 |
| Calcium carbonate . . | 0·8250 | 57·7500 |
| Magnesium sulphate . . | 0·5069 | 35·4830 |
| Iron and alumina . . | 0·0160 | 1·1200 |
| Silica . . . . | 0·0290 | 2·0300 |
| Sulphuretted hydrogen . | 0·0918 | 6·4260 |
| Total . . . | 6·8994 | 482·9580 |

## TARIFF OF BATHS

| | P. T. |
|---|---|
| Simple Heated Immersion Bath, 1st class | 10 |
| Simple Heated Immersion Bath, 1st class (Abonnement 12 tickets) . . . | 100 |
| Simple Heated Immersion Bath, 2nd class | 6 |
| Simple Heated Immersion Bath, 2nd class (Abonnement 12 tickets) . . . | 60 |



A VICHY BATH.
(The Baths Establishment.)



DOUCHES, COLUMN, RAIN, AND NEEDLE.
(The Baths Establishment.)

TARIFF OF BATHS—*continued*

| | P. T. |
|---|---|
| Simple Cold Immersion Bath, 1st class | 6 |
| Simple Cold Immersion Bath, 2nd class | 4 |
| Helouan Bath, massage included | 30 |
| Helouan Bath, massage included (Abonnement 12 tickets) | 300 |
| Electric Bath (Faradic or Galvanic in sulphur water) | 20 |
| Electric Light Bath | 20 |
| Vichy Bath | 20 |
| Steam Bath (Berthe Bath, general or local) | 20 |
| Vapour Bath (Berthe Bath, general or local) | 20 |
| Scotch Douche | 10 |
| Column Douche | 10 |
| Rain Douche | 10 |
| Needle Douche | 10 |
| Liver Pack | 15 |
| 1 Friction | 10 |
| 1 Friction at Hotel | 15 |
| 1 Massage | 20 |
| Massage (Abonnement of 12 tickets) | 180 |
| 1 Massage at Hotel | 25 |
| Swimming Bath with towel | 1½ |
| Swimming Bath without towel | 1 |

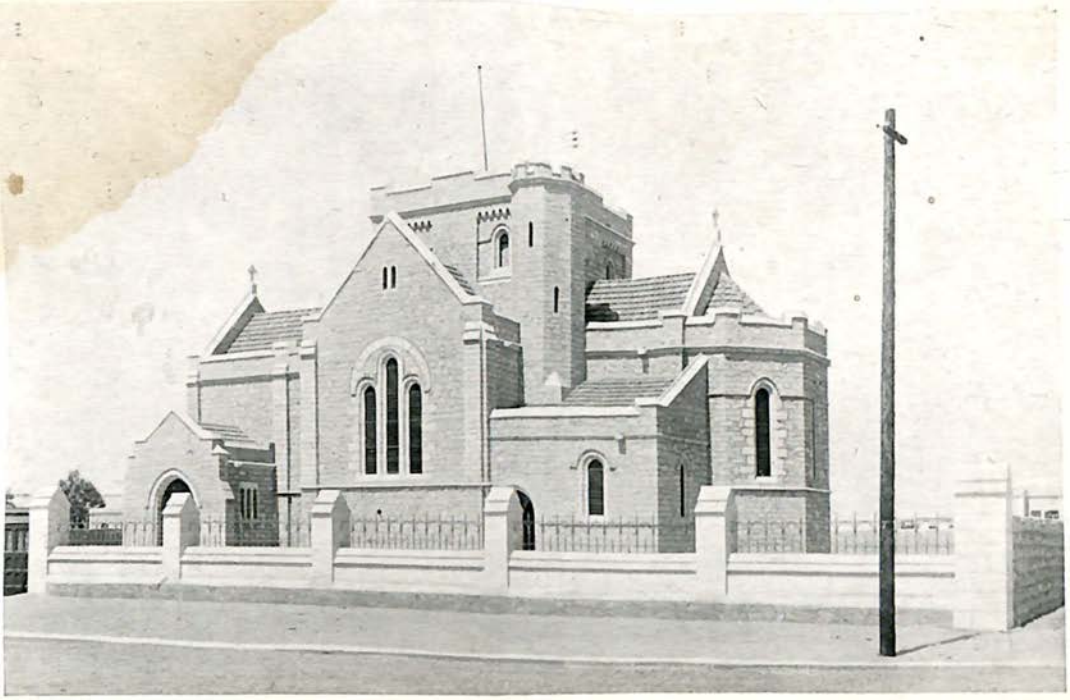
## CHAPTER VII

### THE ENGLISH CHURCH

It is only within recent years that the English community have possessed a church of their own, services having formerly been conducted in a room at the Grand Hotel kindly lent by the management. As year by year the number of English visitors increased, this arrangement in many ways proved most unsatisfactory.

A committee was formed, and the appeal for subscriptions was so generously responded to that within two years the foundation stone was laid by Mrs. Barker, who had been a munificent contributor to the fund, and within little more than a year the completed building was consecrated by the Right Reverend Bishop Blythe, the Bishop in Jerusalem and the East, within whose diocese Egypt is included.

One of the most valued gifts and perhaps the most interesting was that of the site, some five thousand square metres, by Baron Menasce, an old resident in Egypt, and who is a member of the Greek Church. Such a spirit of broad-mindedness and



THE ENGLISH CHURCH.

tolerance which so generous a gift expresses should always be held in grateful remembrance.

The committee were also fortunate in obtaining the services of Price Bey, who holds the post of architect to the Egyptian Government. That the committee was fortunate in this respect is proved by the beautiful structure he designed.

The church is built in the Gothic style, and is capable of seating between three and four hundred people.

Since its completion the church officers have received many handsome gifts from visitors and others who have derived benefit from their sojourn here.

An important rule, hitherto strictly observed, is that nothing has been done for which the money has not been forthcoming, with the result that the church as it stands is free from debt.

Towards the attainment of this principle the generosity of the George Nungovich Company has greatly contributed, in that for many years they have housed and boarded the chaplain in the Grand Hotel free of charge. Despite this, there are naturally many expenses to be discharged each year, which amount to at least 100*l.*, and as the church is not in connection with any of the numerous societies, the above sum has to be raised annually from visitors, which hitherto has never proved difficult to obtain. Although much has been accomplished

in perfecting the interior, a good deal still remains that is absolutely necessary, and it may be hoped that future visitors will contribute to the improvement fund, a notice concerning which will be found posted in all the hotels.

The trustees are as follows:

The Anglican Bishop in Jerusalem.
His Excellency Lord Cromer.
Dr. Page May.

The Church Committee:

Dr. Page May (Chairman).
Rev. Canon Valpy.
Colonel Spearman.
E. W. Wortabet, Esq.
J. B. Braddon, Esq.
The Chaplain.
W. Beacroft, Esq. (Hon. Sec. and Churchwarden).
Dr. Overton Hobson (Hon. Treas. and Churchwarden).

## CHAPTER VIII

### THE FLORA OF THE DESERT SURROUNDING HELOUAN (EAST)

THE Desert is not entirely a sandy waste, and though the vegetation is sparse in quantity, it is unique and rich in variety.

Amongst the visitors to Helouan there are probably many who are interested in botany, and the following list of the species of plants which have been found in the Desert, east of Helouan, within a distance of from ten to twelve miles from the Nile, may be found useful as well as interesting.

In the enumeration of the families and species of plants, the order adopted in the standard work on the Flora of the entire region, here partly dealt with, has been followed, viz., 'Flora Orientalis,' by E. Boissier, Geneva, 1867–84, five vols.; also that followed in 'Illustration de la Flore d'Égypte' (Mémoires de l'Institut Égyptien, 1889), by P. Ascherson and G. Schweinfurth.

[The letters placed in parentheses indicate (*p.*) perennial; (*a.*) annual; (*b.*) biennial.]

*Menispermaceæ.*

1. Cocculus Leæba, G.P.R. (*p.*).

*Cruciferæ.*

2. Mathiola livida, D.C. (*a.*).
3. Farsetia ægyptiaca, T. (*b.*).
4. Anastatica hierochuntica, L. (*a.*).
5. Rebaudia microcarpa, Cos. (*a.*).
6. Moricandia clavata, B. (*a.*).
7. Diplotaxis Harra, B. (*a.*).
8. D— acris, B. (*a.*).
9. Brassica Tournefortii, J. (*a.*).
10. Savignya parviflora, Webb (*a.*).
11. Zilla myagroides, F. (*b.*).

*Capparidaceæ.*

12. Cleome arabica, L. (*a.*).
13. Capparis spinosa, L. (*p.*).
    var. ægyptiaca, B.

*Resedaceæ.*

14. Ochradenus baccatus, D. (*p.*).
15. Reseda arabica, B. (*a.*).
16. R— Boissieri, M. Arg. (*a.*).
17. R— pruinosa, D. (*b.*).
18. Oligomeris subulata, Webb (*a.*).
19. Caylusea canescens, H.H. (*a.*).

*Cistaceæ.*

20. Helianthemum Kahiricum, D. (*p.*).
21. H— Lippii Pers. (*p.*).

*Silenaceæ.*

22. Gypsophila Rokejeka, D. (*p.*).
23. Silene villosa, F. (*a.*).
24. S— linearis Dene (*a.*).

*Alsinaceæ.*

25. Alsine picta, F., var. (*a.*).
sinaica, B.
26. Spergularia fallax, Lowe (*a.*).
27. S— diandra, H.S. (*a.*).
28. S— salina, Presl (*a.*).

*Paronychiaceæ.*

29. Robbairea prostrata, B. (*a.*).
30. Polycarpon succulentum, W.B. (*a.*).
31. Polycarpia fragilis, D. (*a.*).
32. Herniaria hemistemon, Gay (*a.*).
33. Paronychia lenticulata, A.S.F. (*a.*).
34. Gymnocarpus decander, F. (*p.*).
35. Pteranthus dichotoma, F. (*a.*).

*Molluginaceæ.*

36. Telephium sphærospernum, B.

*Tamariscaceæ.*

37. Reaumuria hirtella, J. Sp. (*b.*).
38. Tamarix nilotica, Bge. (*p.*).
39. T— articulata, V. (*p.*).

*Frankeniaceæ.*

40. Frankenia pulverulenta (*a.*).

*Malvaceæ.*

41. Malva parviflora, L. (*a.*).

*Geraniaceæ.*

42. Erodium cicutarium, l'Her. (*a.*).
43. E— laciniatum, W. (*a.*).
44. E— hirtum, W. (*p.*).
45. E— arborescens, W. (*p.*).
46. E— glaucophyllum, Ait. (*a.*).
47. E— bryoniifolium, B. (*a.*).

*Zygophyllaceæ.*

48. Tribulus alatus, D. (*a.*).
49. Fagonia glutinosa, D. (*a.*).
50. F— Kahirina, B. (*a.*).
51. F— Bruguieri, D.C. (*a.*).
52. F— mollis, D. (*p.*).
53. F— arabica, L. (*a.*).
54. Zygophyllum simplex, L. (*a.*).

55. Zygophyllum album, L. (*p.*).
56. Z— coccineum, L. (*p.*).
57. Nitraria retusa, Asch. (*p.*).

*Rutaceæ.*

58. Haplophyllum tuberculatum, T. (*a.*).

*Papilionaceæ.*

59. Retama Rætam, Webb (*p.*).
60. Trigonella stellata, F. (*a.*).
61. Medicago Aschersoniana, U. (*a.*).
62. Astragalus Schimperi, B. (*a.*).
63. A— gyzensis, D. (*a.*).
64. A— peregrinus, V. (*a.*).
65. A— tribuloides, D. (*a.*).
66. A— Forskalii, B. (*a.*).
67. A— Sieberi, D.C. (*a.*).
68. Alhagi manniferum, Desv. (*a.*)

*Cæsalpiniaceæ.*

69. Cassia obovata, Coll. (*a.*).

*Mimosaceæ.*

70. Acacia tortilis, Hne. (*p.*).

*Rosaceæ.*

71. Neurada procumbens, L. (*a.*).

*Ficoideæ.*

72. Mesembryanthemum Forskalii, H. (*a.*).
73. Aizoön hispanicum, L. (*a.*).
74. A— canariense, L. (*a.*).

*Umbelliferæ.*

75. Pityranthus tortuosus, Bth. H. (*b. et p.*).

*Compositæ.*

76. Asteriscus pygmæus, Coss. D. (*a.*).
77. A— graveolens, D.C. (*b.*).
78. Pulicaria undulata, D.C. (*a.*).
79. Francœuria crispa, Cass (*a.*).
80. Iphiona mucronata, Asch. Schf. (*a.*).
81. Phagnalon Barbeyanum, A. Sf. (*p.*).
82. Gymnarrhena micrantha, Df. (*a.*).
83. Filago spathulata, Pr. (*a.*).
84. Ifloga spicata, Sz. B. (*a.*).
85. Lasiopogon muscoides, D.C. (*a.*).
86. Achillea fragrantissima, Sz. B. (*p.*).
87. Anthemis melampodina, D. (*a.*).
88. A— retusa, D. (*a.*).
89. Brocchia cinerea, Vis. (*a.*).
90. Artemisia herba alba, A. (*p.*).
91. A— monosperma, D. (*b.*).
92. A— judaica, L. (*b. et p.*).
93. Senecio coronopifolia, Df. (*a.*).
94. Calendula persica, C.A. Mey (*a.*).

95. Calendula ægyptiaca, Df. (*a.*).
96. Echinops spinosus, L. (*p.*).
97. Amberboa Lippii, D.C. (*a.*).
98. Centaurea ægyptiaca, L. (*a.*).
99. C— pallescens, D. (*a.*).
100. Leontodon hispidulus, B. (*a.*).
101. Picris sulphurea, D. (*a.*).
102. P— coronopifolia, D.C. (*a.*).
103. Zollikoferia mucronata, B. (*a.*).
104. Z— nudicaulis, B. (*p.*).
105. Z— glomerata, B. (*a.*).
106. Reichardia tingitana, R.H. (*a.*).
107. Crepis radicata, F. (*a.*).

*Asclepidaceæ.*

108. Dæmia tomentosa, V. Ke. (*p.*).

*Convolvulaceæ.*

109. Cressa cretica, L. (*a.*).
110. Convolvulus lanatus, V. (*p.*).

*Boraginaceæ.*

111. Heliotropium luteum, Poir (*p.*).
112. H— arbainense, Fr. (*p.*).
113. H— undulatum, V. (*p.*).
114. H— persicum, Burm. (*a.*).
115. Anchusa hispida, F. (*a.*).
116. A— Milleri, W. (*a.*).

117. Echium longifolium, D. (*a.*).
118. Echiochilon fruticosum, Df. (*p.*).
119. Arnebia linearifolia, D.C. (*a.*).
120. A— tinctoria, F. (*a.*).
121. Lithospermum callosum, V. (*p.*)
122. Lappula spinocarpus, Asch. (*a.*).
123. Trichodesma africanum, R. Br. (*a.*).

*Solanaceæ.*

124. Lycium arabicum, Sf. (*p.*).
125. Hyoscyamus muticus, L. (*p.*).

*Scrophulariaceæ.*

126. Linaria ægyptiaca, Dun. (*a. et b.*).
127. L— hælava, D. (*a.*).
128. Scrophularia deserti, D. (*p.*).

*Orobanchaceæ.*

129. Phelipæa lutea, Df. (*a.*).
130. Orobanche cernua, Loefl. (*a.*).

*Labiatæ.*

131. Lavandula pubescens, Dene (*p.*)
132. L— coronopifolia, P. (*p.*).
133. Salvia lanigera, P. (*p.*).
134. S— ægyptiaca, L. (*p.*).
135. Stachys ægyptiaca, Pers. (*p.*).

*Plumbaginaceæ.*

136. Statice pruinosa, L. (*p.*).

*Plantaginaceæ.*

137. Plantago cylindrica, F. (*b.*).
138. Pl— amplexicaulis, Cav. (*a.*).
139. Pl— ovata, F. (*a.*).
140. Pl— decumbens, F. (*b.*).
141. Pl— ciliata, Df. (*a.*).
142. Pl— coronopus, L. (*a.*).

*Salsolaceæ.*

143. Beta vulgaris, L. (*a.*).
144. Chenopodium murale, L. (*a.*).
145. Atriplex Halimus, L. (*p.*).
146. A— leucocladum, B. (*p.*).
147. A— dimorphostegium, K.K. (*a.*).
148. Bassia muricata, L. (*a.*).
149. Traganum nudatum, D. (*b. et p.*).
150. Haloxylon Schweinfurthianum, Asch. (*p.*).
151. Salsola fœtida, D. (*b.*).
152. S— longifolia, F. (*b.*).
153. S— vermiculata, L. (*b.*).
154. S— var. villosa, D. (*b. et p.*).
155. S— Volkensii, Sf. Asch. (*a.*).
156. Anabasis articulata, Bge. T. (*p.*).
157. A— setifera, Bge. T. (*b.*).
158. Cornulaca monacantha, D. (*b. et p.*).
159. Agathophora alopecuroides, Bge. (*b.*).

*Amaranthaceæ.*

160. Ærva javanica, J. (*a.*).

*Polygonaceæ.*

161. Calligonum comosum, l'Her. (*p.*).
162. Emex spinosus, Campd. (*a.*).
163. Rumex vesicarius, L. (*a.*).

*Euphorbiaceæ.*

164. Euphorbia granulata, F. (*a. et b.*).
165. E— cornuta, Pers. (*a. et b.*).

*Urticaceæ.*

166. Parietaria alsinifolia, D. (*a.*).
167. Forskalia tenacissima, L. (*a.*).

*Amaryllidaceæ.*

168. Pancratium Sickenbergeri, Asch. Sf. (*p.*).

*Liliaceæ.*

169. Dipcadi erythræum, Web. (*p.*).
170. Asphodelus tenuifolius, var. micranthus, B. (*a.*).

*Gramineæ.*

171. Panicum turgidum, F. (*p.*).
172. Pennisetum dichotomum, D. (*p.*).
173. Andropogon foveolatus, D. (*p.*).
174. A— hirtus, L. (*p.*).
175. Elionurus hirsutus, Mro. (*p.*).
176. Aristida plumosa, L. (*a.*).
177. A— brachypoda, Tsch. (*a.*).

178. Aristida ciliata, Df. (*p.*).
179. Stupa tortilis, Df. (*a.*).
180. Oryzopsis miliacea, Bth. H. (*p.*).
181. Trisetum pumilum, Kth. (*a.*).
182. Avena Wiestii, H. (*a.*).
183. Danthonia Forskalii, Tr. (*a. et b.*).
184. Dactylis officinalis, V.U. (*b. et p.*).
185. Phragmites communis, Trin. (*b.*).
186. Schismus calycinus, Coss. D. (*a.*).
187. Bromus madritensis, L., var. Delilei, B. (*a.*).
188. Sporobolus spicatus, Kth. (*p.*).
189. Scleropoa memphitica, Parl. (*b.*).

*Gnetaceæ.*

190. Ephedra alte, C.A. Mey (*p.*).
191. E— alata, Dene (*p.*).

Perennial, 57 (*p.*).
Annual, 116 (*a.*).
Biennial, 18 (*b.*).

# CHAPTER IX

## GENERAL INFORMATION

### THE POST OFFICE, HELOUAN

THE Post Office will be found within two minutes of the railway station. The hours are from 8 to 12 and 3 to 8, excepting Wednesday night, on the arrival of the Brindisi mail, when it does not close until 9 P.M.

The Telegraph Office, a few yards off, is open daily from 8 A.M. to 9 P.M.

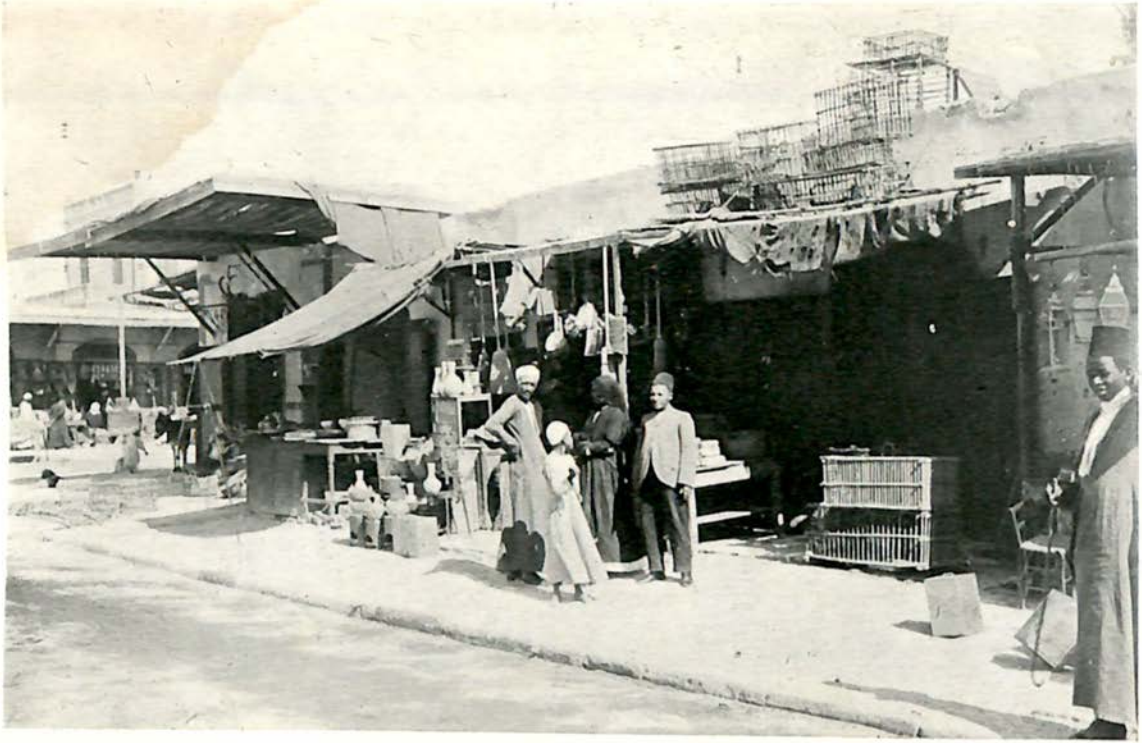
Telegraph rates (see next page).

There are five local deliveries daily, namely at 7 A.M., 10 A.M., 3 P.M., 5 P.M., 8 P.M.

For dates of foreign deliveries, see page 78.

Letters posted in Helouan for delivery in Helouan or Cairo only require a brown stamp, value 3 millièmes.

For other parts of Egypt a red stamp, value 5 millièmes.



THE NATIVE BAZAARS.

## TELEGRAPH RATES

*Telegrams for places in Egypt.*

Five millièmes for every two words or fraction thereof, with a minimum charge per message of P.T. 2.

*Telegrams for abroad.*

| | |
|---|---|
| France.<br>Germany.<br>Gibraltar.<br>Great Britain.<br>Italy.<br>Malta.<br>Russia.<br>Switzerland. | 48 millièmes per word. |
| India—India . . | 92 millièmes per word. |
| „ Burmah . | 92 millièmes per word. |
| „ Ceylon . | 96 millièmes per word. |
| New York State . | 104 millièmes per word. |
| New York City . | 96 millièmes per word. |

## European Mails.

| From Egypt (Letters and Parcels) | | | | | | To Egypt Letters |
|---|---|---|---|---|---|---|
| Mail | Day | Closes at Cairo | | | Route | Mail arrives in Cairo and Alexandria |
| | | Letters | Parcels | | | |
| British | Sunday or Monday, sometimes later | Special notices are issued giving time of closing of mail | | | Port Said and Brindisi | Wednesday |
| German | Wednesday | 9 A.M. | Wednesday | — | Alexandria and Naples | Monday |
| Italian | Thursday | 9 A.M. | Wednesday | 6 P.M. | Alexandria and Messina | Sunday |
| French | Friday | 9 A.M. | Thursday | 6 P.M. | Alexandria and Marseilles | Tuesday |
| Austrian | Saturday | 9 A.M. | Friday | 6 P.M. | Alexandria and Brindisi | Monday |
| Italian | 1st & 15th | 9 A.M. | The day before | 6 P.M. | Alexandria and Brindisi | 4th & 20th approx. |

N.B. The above hours refer to Cairo, and therefore letters must be posted in Helouan a few hours earlier.

Mails are usually delivered in Helouan on the same days as in Cairo.

## MONEY

### *Coins in General Use*

| | |
|---|---|
| Nickel . . . . | 1 Millième |
| ,, . . . . | 2 Millièmes |
| ,, . . . . | 5 Millièmes |
| ,, . . . . | 1 Piastre |
| Silver . . . . | 1 Piastre |
| ,, . . . . | 2 Piastres |
| ,, . . . . | 5 Piastres |
| ,, . . . . | 10 Piastres |
| ,, . . . . | 20 Piastres |

Egyptian gold coins are very rarely seen. The English sovereign is almost invariably employed.

There are two kinds of piastres: the small piastre = 5 millièmes, the large piastre = 10 millièmes.

## THE VALUE OF COINS

### Conversion Table

*Egyptian Millièmes and Piastres to English Money*

| P.T. Mil. | | £ | s. | d. |
|---|---|---|---|---|
| 1 | = | 0 | 0 | 0¼ |
| 2 | = | 0 | 0 | 0½ |
| 3 | = | 0 | 0 | 0¾ |
| 4 | = | 0 | 0 | 1 |
| 5 | = | 0 | 0 | 1¼ |
| 6 | = | 0 | 0 | 1½ |
| 7 | = | 0 | 0 | 1¾ |
| 8 | = | 0 | 0 | 2 |
| 9 | = | 0 | 0 | 2¼ |
| 1 0 | = | 0 | 0 | 2½ |
| 2 0 | = | 0 | 0 | 5 |
| 3 0 | = | 0 | 0 | 7½ |
| 4 0 | = | 0 | 0 | 9¾ |
| 5 0 | = | 0 | 1 | 0¼ |
| 6 0 | = | 0 | 1 | 2¾ |
| 7 0 | = | 0 | 1 | 5¼ |
| 8 0 | = | 0 | 1 | 7¾ |
| 9 0 | = | 0 | 1 | 10¼ |
| 10 0 | = | 0 | 2 | 0½ |

| P.T. Mil. | | £ | s. | d. |
|---|---|---|---|---|
| 20 0 | = | 0 | 4 | 1¼ |
| 30 0 | = | 0 | 6 | 1¾ |
| 40 0 | = | 0 | 8 | 2½ |
| 50 0 | = | 0 | 10 | 3¾ |
| 60 0 | = | 0 | 12 | 3½ |
| 70 0 | = | 0 | 14 | 4¼ |
| 80 0 | = | 0 | 16 | 5 |
| 90 0 | = | 0 | 18 | 5½ |
| 100 0 | = | 1 | 0 | 6 |
| 200 0 | = | 2 | 1 | 0¼ |
| 300 0 | = | 3 | 1 | 6½ |
| 400 0 | = | 4 | 2 | 0½ |
| 500 0 | = | 5 | 2 | 6¾ |
| 600 0 | = | 6 | 3 | 0¾ |
| 700 0 | = | 7 | 3 | 7 |
| 800 0 | = | 8 | 4 | 1¼ |
| 900 0 | = | 9 | 4 | 7½ |
| 1,000 0 | = | 10 | 5 | 1½ |

1 Egyptian pound = 100 Piastres.
1 English pound = 97½ Piastres.

## TEMPERATURES

*Fahrenheit; Centigrade; Réaumur.*

To convert degrees F. into degrees C. deduct 32, multiply by 5, and divide by 9.

To convert degrees F. into degrees R. deduct 32, multiply by 4, and divide by 9.

Freezing point = 32° F., 0° C., and 0° R.

Boiling point = 212° F., 100° C., and 80° R.

| F. | C. | R. | F. | C. | R. |
|---|---|---|---|---|---|
| 32 | 0 | 0 | 95 | 35 | 28·0 |
| 41 | 5 | 4 | 96 | 35·6 | 28·4 |
| 50 | 10 | 8 | 97 | 36·1 | 28·9 |
| 59 | 15 | 12 | 98 | 36·7 | 29·3 |
| 62 | 16·7 | 13·3 | 98·5 | 36·9 | 29·6 |
| 66 | 18·9 | 15·1 | 99 | 37·2 | 29·8 |
| 68 | 20 | 16 | 100 | 37·8 | 30·2 |
| 70 | 21·1 | 16·9 | 101 | 38·3 | 30·7 |
| 74 | 23·3 | 18·7 | 102 | 38·9 | 31·1 |
| 78 | 25·6 | 20·4 | 103 | 39·4 | 31·6 |
| 80 | 26·7 | 21·3 | 104 | 40·0 | 32·0 |
| 84 | 28·9 | 23·1 | 105 | 40·6 | 32·4 |
| 88 | 31·1 | 24·9 | 106 | 41·1 | 32·9 |
| 90 | 32·2 | 25·8 | 108 | 42·2 | 33·8 |
| 92 | 33·3 | 26·7 | 110 | 43·3 | 34·7 |
| 94 | 34·4 | 27·6 | 212 | 100·0 | 80·0 |

MILITARY SPORTS AT HELOUAN
(Obstacle Race.)

## Various Routes and Rates of Passage Money from England to Egypt

| Route | England: Depart | Egypt: Arrive | Fares: 1st Class | Fares: 2nd Class |
|---|---|---|---|---|
| *Per P. & O. Steamer* | | | | |
| From Tilbury, all way by sea, to Port Said | Every Friday | After 13 days | £19 | £12 |
| From London, *viâ* Dover, Calais, Paris, and Marseilles, to Port Said (ordinary overland train) | Every Wednesday, or 9 A.M. Thursday morning | Following Wednesday | £19 14*s.* 11*d.* | £15 1*s.* 8*d.* |
| From London, *viâ* Dover, Calais, Paris, Marseilles, to Port Said (P. & O. special train) | Every Thursday | Following Wednesday | £22 9*s.* 11*d.* | — |
| From London, *viâ* Dover, Calais, Paris, Turin, and Brindisi, to Port Said | Friday night | Following Wednesday morning | £22 9*s.* 11*d.* | — |
| *Per Orient Pacific Steamer* | | | | |
| From London, *viâ* Plymouth, all way by sea, to Port Said | Alternate Fridays | After 13 days | £19 | £12 |
| From London, *viâ* Dover, Calais, Paris, and Marseilles, to Port Said | Alternate Thursdays | Following Thursday | £19 14*s.* 11*d.* | £13 12*s.* 8*d.* |
| From London, *viâ* Dover, Calais, Paris, Turin, Naples, to Port Said | Alternate Fridays | Following Thursday | £20 3*s.* 8*d.* | £14 15*s.* 1*d.* |
| *Per Austrian Lloyd Steamer* | | | | |
| From London, *viâ* Ostend (Trieste express), Trieste to Alexandria | Every Tuesday | Following Monday | £26 5*s.* | — |
| From London, *viâ* Boulogne, Bâle, Milan, and Venice, to Trieste, Alexandria | Every Tuesday | Following Monday | £22 10*s.* 9*d.* | £15 10*s.* 9*d.* |
| *Per North German Lloyd Steamer* | | | | |
| From Southampton, all way by sea, to Port Said | Alternate Tuesdays | After 13 days | £19 | £12 |
| From London, *viâ* Dover, Calais, Paris, Turin, Genoa, to Port Said | Alternate Mondays | After 7 days | £20 7*s.* 5*d.* | £14 1*s.* 8*d.* |
| From London, *viâ* Dover, Calais, Paris, Marseilles, to Alexandria | Alternate Mondays | After 6 days | £19 14*s.* 11*d.* and upwards, according to berth | £13 12*s.*8*d.* |
| *Per Messageries Maritimes Steamer* | | | | |
| From London, *viâ* Dover, Calais, Paris, Marseilles, to Alexandria | Every Wednesday | Following Tuesday | £16 16*s.* | £12 12*s.* |
| *Per Bibby Steamer* From Liverpool, all way by sea, to Port Said | Alternate Thursdays | After 13 days | £17 | No second |
| *Per Bibby Steamer* From London, *viâ* Dover, Calais, Paris, Marseilles, to Port Said | Alternate Thursdays | Following Wednesday | £18 14*s.* 11*d.* | £16 12*s.* 8*d.* |
| *Per Moss Line* to Alexandria | Dates of sailing, about every 14 days | After 14 days | £14 | £9 |
| *Per Henderson Line* to Port Said | | After 14 days | £14 | — |
| *Per Anchor Line* to Port Said | | After 14 days | £14 | — |
| *Per Italian Steam Navigation Company* to Alexandria, *viâ* Calais, Paris, Turin, Naples | Mondays | Following Sundays | £20 7*s.* 8*d.* | £13 19*s.* 10*d.* |

*Per Moss Line* to Alexandria, *Per Henderson Line* to Port Said, *Per Anchor Line* to Port Said: all sailing from Liverpool

## Egyptian Delta Light Railways, Limited—Helouan Branch

### Helouan to Cairo (Bab-el-Louk)

| | A.M. | A.M. | A.M. | A.M. | A.M. | P.M. | P.M. | P.M. |
|---|---|---|---|---|---|---|---|---|
| Helouan dep. . | 6.50 | 7.50 | 8.10 | 9.10 | 10.10 | 12.5 | 1.25 | 2.20 |
| Cairo arr. . | 7.35 | 8.20 | 8.57 | 9.45 | 10.47 | 12.42 | 2.2 | 2.54 |
| | P.M. | P.M. | P.M. | P.M. | P.M. | P.M. | P.M. | P.M. |
| Helouan dep. . | 3.10 | 4.15 | 5.15 | 6.20 | 7.30 | 8.50 | 10.15 | 11.15 |
| Cairo arr.. . | 3.45 | 4.53 | 5.49 | 6.54 | 8.6 | 9.32 | 10.53 | 11.53 |

### Cairo (Bab-el-Louk) to Helouan

| | A.M. | A.M. | A.M. | A.M. | P.M. | P.M. | P.M. | P.M. |
|---|---|---|---|---|---|---|---|---|
| Cairo dep. . | 6.40 | 8.5 | 9.10 | 10.10 | 12.5 | 1.25 | 2.15 | 3.10 |
| Helouan arr. . | 7.28 | 8.47 | 9.47 | 10.47 | 12.40 | 2.0 | 2.54 | 3.45 |
| | P.M. | P.M. | P.M. | P.M. | P.M. | P.M. | A.M. | |
| Cairo dep. . | 4.15 | 5.15 | 6.15 | 7.30 | 8.40 | 10.10 | 12.30[1] | |
| Helouan arr. . | 4.50 | 5.49 | 6.53 | 8.4 | 9.26 | 10.47 | 1.7 | |

[1] During the Opera Season the last train will leave Cairo on Monday and Thursday nights at 12.45 A.M. instead of 12.30. A.M.

Special trains are run on Helouan race days.

*Fares*—1st class single, 5 P.T. Return, 8 P.T.
2nd class single, 3½ P.T. Return, 5 P.T.

## Egyptian State Railways

| | | | | |
|---|---|---|---|---|
| Cairo . . | Dep. | 7.0 A.M. | 11·0 A.M.[1] | 6.15 P.M.[1] |
| Port Said . | Arr. | 12.10 A.M. | 3·30 P.M. | 11·0 P.M. |
| Port Said . | Dep. | 8.10 P.M. | 12.30 P.M.[1] | 6.45 P.M.[1] |
| Cairo . . | Arr. | 1.30 P.M. | 5.0 P.M. | 11.25 P.M. |

[1] Restaurant car attached.

*Fares*—1st class single, 95 P.T.
2nd class single, 47½ P.T.

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Cairo | Dep. | A.M. 7·30 | A.M. 8.20 | A.M. 9.30 | Noon 12.0[1] | P.M. 3.0 | P.M. 4.0 | P.M. 4.50 | P.M. 11.30 |
| Alexandria | Arr. | A.M. 10.55 | P.M. 2.17 | P.M. 12.55 | P.M. 3.5 | P.M. 9·25 | P.M. 7·35 | P.M. 7.50 | A.M. 6.0 |

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Alexandria | Dep. | A.M. 7·0 | A.M. 7.20 | A.M. 9.0 | A.M. 10.0 | Noon 12.0[1] | P.M. 3.40 | P.M. 4.25 | P.M. 11.30 |
| Cairo | Arr. | A.M. 10.20 | P.M 1.15 | P.M. 12.20 | P.M. 4.40 | P.M. 3.5 | P.M. 7.10 | P.M. 7.25 | A.M. 6.0 |

[1] Restaurant car attached.

*Fares*—1st class single, 87½ P.T.
2nd class single, 43½ P.T.

## HELOUAN AND CAIRO CAB FARES[1]

*By Distance.*

If hired and discharged within the city circle (*i.e.*) 4 kilometres (about 2½ miles) radius from Opera Square.

| | P. T. |
|---|---|
| For one kilometre or part . . . . | 3 |
| For each extra kilometre or part . . . | 2 |

If hired within and discharged without, an additional 2 piastres will be paid for every kilometre or part outside the circle.

| | P. T. |
|---|---|
| For each wait of 15 minutes . . . . | 2 |

*By Time*

(If hired by time, driver to be notified beforehand).

| | P. T. |
|---|---|
| For one hour or less, by day or night . . | 8 |
| Above one hour, for every 15 minutes or less | 2 |
| For 12 hours, by day or night . . . | 60 |

*Extra Payments*

(whether hired by distance or time).

| | P. T. |
|---|---|
| For each package carried outside . . . | 1 |
| If more than 3 persons carried, each extra person . . . . . | 2 |

[1] The above fares, relating to distance, by time, and extra payments, are the same in Helouan as in Cairo.

A SHEIKH.

*Special Fares in Cairo.*

| | Single | Waiting | Return |
|---|---|---|---|
| | P. T. | Hours | P. T. |
| Polo Ground . . . . | 5 | 1 | 15 |
| Ghezira Hotel . . . . | 5 | 1 | 15 |
| Grand Stand (race days) . . | 10 | 3 | 30 |
| Ghiza Zoological Gardens . . | 10 | 2 | 20 |
| Pyramids . . . . . | 40 | 3 | 60 |
| Heliopolis and Virgin's Tree . | 25 | 2 | 40 |
| Citadel . . . . . | 8 | 1 | 15 |
| Tombs of Khalifs . . . | 10 | 3 | 30 |
| Shoubra Palace . . . . | 10 | ½ | 15 |

## THE PRINCIPAL PLACES OF INTEREST IN CAIRO AND ITS VICINITY

The Citadel.
The University.
The Esbekieh Gardens.
The Giza Gardens.
The Zoo.
The Giza Museum.
The Tombs of the Khalifs.
The Tombs of the Mamelukes.
The Petrified Forests
The Ostrich Farm
The Obelisk of Heliopolis.
The Bazaars.
The Barrage.
The Sphinx and Pyramids.

The Mosques (including)

Hosên.
El-Azhar.
El-Ahmar.
Sultan Hassan.
Mohammed Ali.
Ibn Tulûn.
Kâit Bey.
Es-Seyideh Zênab.

The Viceregal Library, founded by the Khedive Ismail in 1870 (open daily 8–5, except Fridays).

## CLUBS IN CAIRO

Club Khedivial, 22 Shâri'a El-Manakh.
Turf Club, Shâri'a El-Maghraby.
Khedivial Sporting Club, Gezireh.

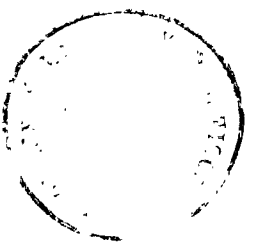
The last provides grounds for polo, cricket, lawn tennis, golf and race meetings, and is open to visitors who desire to join on being introduced by a resident member. The subscription for a visiting playing member is :—

From Nov. to April, P.T. 300 (£3).
From Jan. to April, P.T. 200 (£2).
For a month or less, P.T. 100 (£1).

## LIST OF BANKS IN CAIRO

The National Bank, Shâri'a Kasr-el-Nil.
Bank of Egypt, Shâri'a Kasr-el-Nil.
Anglo-Egyptian Bank, Shâri'a Kasr-el-Nil.
Crédit Lyonnais, Shâri'a El-Bosta.
Imperial Ottoman Bank, Shâri'a El-Manakh.
Crédit Foncier Egyptien, Shâri'a El-Manäkh.
Messrs. Thos. Cook & Son, Shâri'a Kâmel, No. 6.
Hours 9 to 12 and 3 to 5 daily, except Sundays, and close at 12 on Saturdays.

NATIVE BOATS ON THE NILE.
(Near Old Helouan.)



## LIST OF TOURIST AGENCIES IN CAIRO

Thos. Cook & Son, Shâri'a Kâmel, 6 (North of Shepheard's).

H. Gaze & Sons, Halim Buildings (adjoining Shepheard's)

Carl Stangen, Hôtel Continental.

Anglo-American Nile Company, Hôtel Continental.

Tewfikieh Nile Navigation Company, Shâri'a Kâmel, 8.

Peninsular and Oriental Steam Navigation Company, Messrs. Cook & Son.

Messageries Maritimes, Shepheard's Hotel.

Austrian Lloyd, Rond Point Suarés (Rep. C. Dienesch).

North German Lloyd, Shâri'a Tâhir, 3 (Rep. Otto Sterzing).

Navigazione Generale Italiana, side street off Place de l'Opéra.

# INDEX


ALEXANDRIA (arrival at), 7
Assouan (compared with Helouan as a health resort), 50

BANKS, 86
Baths, 54
Bedrashên, 31

CAB Fares, 84
Cairo (Places of Interest), 85
Clubs, 86
Conversion Tables, 79, 80
Croquet, 23

DANCES, 25
Driving, 24

FERRY, 30
Flora of the Desert, 65

GOLF, 18

HELOUAN—
as a health resort, 35
Baths and Waters, 54
Church (English), 62
Dust, 45
Hints to Visitors, 52
Hotels and Pension accommodation, 16
How to get to it, 9
Humidity, 41
Mineral Springs, 55, 60
Rain, 45
Suitability for Invalids, 46
Sunshine, 35
Temperature, 40
Water Supply, 53
Wind, 41
Hotels and Pension accommodation, 16
at Alexandria, 8
at Cairo, 7
at Helouan, 16
at Port Said, 4

MAILS (European), 78
Medical Indications, 46
Memphis, 32
Mineral Springs, 55, 60
Money Conversion Tables, 78
Music, 25

NILE, The, 13, 30, 31

OBSERVATORY, 12, 27
Old Helouan, 29

PORT Said (arrival at), 3
Post Office, 76
Postal Rates, 76
Pyramids, 32, 33, 34

QUARRIES of Ma'sara and Tourra, 26

RACES, 24
Railway Time Tables and Fares—
Cairo to and from Alexandria, 83
Cairo to and from Helouan, 82
Cairo to and from Port Said, 82
Riding, 23
Routes and Rates, England to Egypt, 81

SAKKARA, 32
San Giovanni, 30
Shooting, 25
Swimming Baths, 25, 29

TABLES of Temperatures, &c., Helouan, 36, 37, 38, 39, 42, 43, 44
Tariff of Baths, 60
Telegraph Office, 76
Telegraph Rates, Egypt, 77
Telegraph Rates, Foreign Countries, 77
Temperatures—
Centigrade, 80
Fahrenheit, 80
Réaumur, 80
Tombs, 32, 33, 34
Tourist Agencies, 87
Trains, 82, 83

WADY Hof, 28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